

 **2019 SUMMER TRAINING CAMPS!**

**June 10th – August 9th**

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**MVP Strength and Conditioning Camp (Ages 12-17)**

**Monday and Wednesday @ 11:00 AM (55 Min)**

This class is dedicated primarily towards the strength building side of an athlete in the age range of 12-17. Aside from that, we will definitely incorporate all aspects of training, including core, plyometrics, speed, agility, and conditioning as well. Athletes in this class must be able to pay attention, be dedicated to their own sports performance results, show up on time, and give their best effort. We will modify as needed for those that are new or need assistance with our program. This is your go-to class for anyone attempting to participate in high school athletics at a more competitive level.

**Athletic Strength & Conditioning Camp (Ages 8-13)**

**Monday and Wednesday @ 10:00 AM (45 Min)**

**This class a slight step-down from MVP in that we will be backing off of the barbell/dumbbell training due to physical maturity; however that does not mean that this is not a strength building camp. We will focus just as much on strength training through other modes of age-appropriate exercises such as prowler sleds, slam balls, TRX, band resistance training, plyometrics, and more. We will make sure we practice proper warm-ups, flexibility training, nutritional guidance, how to have a winning attitude, building athletes that are NOT afraid of hard work.**

**GIRLS ONLY - Athletic Strength & Conditioning Camp (Ages 10-17) – GIRLS ONLY**

**Friday @ 10:30 AM (55 Min)**

**This class is more of a hybrid between MVP and Athletic Strength because of our desire to broaden the age range of this class. If necessary, we will separate the ages over time based on attendance. Coach Mike REALLY believes in weight training programs for female athletes due to their extremely high risk of joint injury, improper social beliefs on nutrition/exercise, and also the need for females to break out of their shell into the training world and show their true strength! Girls are of course welcome in all other classes as well.**

**Athletic Speed, Agility, and Quickness Camp (Ages 10-17)**

**Tuesday and Thursday @ 10:00 AM (45 Min)**

**This class focuses on creating an extremely strong base of strength and speed, using age-appropriate drills to help them achieve maximum athletic ability. If they need a solid introduction to proper weight training along with expert coaching and the right motivational push, this is the class for them. Expect your athlete to be performing agility ladders, sled pushes, super bands, plyometric hurdles, battle ropes, cone drills, and much more.**

**American Ninja Warrior Training Camp (Ages 6-12)**

**Monday and Wednesday @ 9:00 AM and 6:00 PM (55 Min)**

**Get ready to take on the Sky Rings, Jagged Jigsaw, Vertical Peg Board, Monkey Bar Mountain, Swinging Rope Climb, High Bar Crawl, Catapult Jumps, Tractor Tire Obstacle Course, Sled Pushes, Quintuple Steps, and More!  Coach Mike expects a disciplined attitude upon every visit as this class raises the bar for our young ones and teaches them the power of overcoming mental barriers and perceived physical limitation. They will get various forms of physical homework, which is absolutely perfect for keeping them off the couch in the summer.**

**Little Ninjas Obstacle Training Camp (Ages 4-7)**

**Friday @ 10:30 AM (55 Min)**

We will teach our younger group everything there is to know about becoming a real ninja warrior at Functions of Life.  All of our obstacles are designed for this age to be assisted by parents, however you would be surprised at how much they can accomplish!  Our ninja warriors will be naturally motivated by Coach Mike's military discipline and of course NINJA BUCKS as a sweet reward for hard work, following directions, doing their homework, and simply having fun! Please call or email if you have questions about this class. We use our older kids as leaders.

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***We will be very strict on ages this year so make sure your son or daughter is enrolled in the right class for their age or speak directly to Coach Mike if you have an athlete on the cusp of different age categories. All sessions can be purchased as a package of classes through our website or the complete summer for $200 Unlimited Sessions. We want to be accommodating to families during the summer months to enable our athletes to come whenever they can.***

*\*Adult classes will sometimes be held at the same time as listed on the current class schedule.\**

*\*Families can share packages. \*Purchase Unlimited Sessions or Packages of Classes Online\**

**www.FunctionsOfLife.com**

**(216) 785-5433**