

ELITE SPEED SUMMER CAMP

Presented by Elite Sports & Wellness

June 5 - July 1

Training Days: Tuesday and Thursday

Time: 4pm-5pm / 5pm-6pm

\$280 - 8 sessions

Welcome to our youth speed and agility summer Camp, designed specifically for youth athletes! Join us for an exciting opportunity to enhance your speed, improve your agility, and develop skills that will elevate your game. Whether you're just starting out or you're an experienced athlete, our coach is ready to guide you through a progressive training program designed to unlock your potential and elevate your athletic abilities to the next level!

Please Note: Other days and times are available to choose from for speed and agility training.



KNOW YOUR COACH

Cody Gerhard is a dedicated strength and conditioning coach with over ten years of experience in sports performance, focusing on improving speed and agility in young athletes. He combines innovative training techniques with personalized attention to nurture athletic talent.

National Strength and Conditioning Association:
Certified Strength and Conditioning Specialist

National Academy of Sports Medicine:
Corrective Exercise Specialist

National Academy of Sports Medicine:
Youth Exercise Specialist



**SCAN HERE
TO RESERVE
YOUR SPOT!**



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