

ATHLETIC REPUBLIC™

SUMMER ACCELERATION CAMP SERIES 2010

Fall Sport Acceleration “Intensives”

This camp is designed specifically for athletes that are gearing up for fall sports tryouts and practices. This week long Acceleration training camp is designed to provide highly intensive 2 hour workouts that will guide you to your best season ever! Athletes will participate in exercises and drills that will improve their quickness, explosive power, strength endurance and overall foot speed. Athletic Republic staff will combine dynamic flexibility, plyometrics, Olympic lifting techniques, agility drills, and bouts on the Athletic Republic patented “Super” treadmill in an Acceleration Camp geared towards maximizing athletic movement.

Camp Dates: Monday August 2nd – Friday August 6th and Monday August 9th – Friday August 13th

Camp Session: 1.5 hour increments starting at 8 am and running throughout the day

Camp Cost: \$175 (\$25 non-refundable registration fee – balance paid first day of camp)

Camp Features: AGES 8 and UP



- Experienced coaches and trainers
- Patented Athletic Republic Acceleration Training
- Athletic Republic Combine Style Testing – Day #5
- Athletic Republic Camp Shirt



**Space is limited to 15 registrations per 1.5 hour slot

Sample Daily Itinerary:

- 8:00** Dynamic Warm-up / Stretching/ Flexibility
- 8:15** Plyometric Exercises – Agilities
- 8:45** Explosive Strength Training
- 9:10** Treadmill Training and Endurance
- 9:25** Active Warm-down / Athletic Movement



Time Slots

8 am – 9:30 am	9:30 am – 11 am	11 am – 12:30 pm	1 pm – 2:30pm
2:30 pm – 4:00 pm	4:00 am – 5:30 pm	5:30 pm – 7:00 pm	

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