

ATHLETIC REPUBLIC™

SUMMER ACCELERATION CAMP SERIES

Acceleration Camp for Field Hockey

This camp is designed specifically for athletes looking to increase their strength and endurance. Athletes will participate in a variety of exercises and drills that have proven to make them faster, more explosive and increase their ability to recover. Athletic Republic staff will combine dynamic flexibility, plyometrics, Olympic lifting techniques, agility drills, core exercises, and bouts on the Athletic Republic patented "Super" treadmill in an Acceleration Camp geared towards Field Hockey specific movements.

Camp Dates: Monday August 2nd – Thursday August 5th

Camp Session: 9:30 am – 12 pm

Camp Cost: \$165 (\$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
- Competitive Skills and Drills – separated by ability and skill
- Daily Camp talk
- Athletic Republic Combine Style Testing – Day #4
- Athletic Republic Camp Shirt

Camp Sample Itinerary:

9:30 Coaches Chalk talk
9:45 Dynamic Warm-up / Stretching/ Flexibility
10:00 Plyometric Exercises – Agilities
10:30 Explosive Strength Training
11:00 Treadmill Training and Endurance
11:30 Skills and Drills training
11:50 Guest Lecturer – Area of expertise (nutrition, injury prevention, etc.)

**Space is limited to the first 25 registrations

