



Sports Performance Enhancement & Explosive Development



SUMMER SPORTS PERFORMANCE CAMP

JUNE 12 TO JULY 26, 2023

SPEED is an intensive sports performance program designed to improve your athletic ability. With a focus on proper form and technique, it will help to keep you in the game. Sessions will be held at a local school. Teams can participate in sport-specific sessions!

BENEFITS OF THE SPEED PROGRAM

- Proven results in the 40-yard dash, vertical jump and broad jump
- Gives you the edge to excel over your competitors
- Uses sport-specific skills to develop a better conditioned and more competitive athlete
- Helps decrease the likelihood of injury

COSTS

- Early bird registration is \$80 (before June 7, 2023); \$100 after June 7, 2023

Register today by visiting ssmhealth.com/SPEED or scan the QR code.

