

Strength and Conditioning Camp

Series: Swimming



Innovative Training Solutions

WHAT: Camp will focus on the needs every swimming athlete needs to focus on to improve their athletic performance. Depending on age will depend on exact type of training program. Athletes will be introduced to:

- proper lifting techniques (including how to push, pull, hinge and carry)
- improve on scapular stabilization techniques and ways to keep the shoulders healthy
- improve on shoulder mobility
- core training techniques
- nutrition and hydration education (what to eat during tournaments, why water is important, how to properly fuel your body)
- at the end of the camp every athlete will receive a maintenance program to help them stay healthy during the season

COST: \$90 per camp per athlete

WHEN: Camp dates are:

- July 23, 2018 - July 25, 2018 from 10-12pm Monday, Wednesday (ONLY \$60)
- August 6, 2018 - August 10, 2018 from 10 - 12pm; Monday, Wednesday, Friday (Regular \$90 for all three days)

WHERE: 13757 Eureka Road; Southgate, 48195

WHO: Open to all females ages 12-17 years of age

CONTACT: Anna Napolitano (734) 258-8705 office OR innovativetrainingsolutions09@gmail.com

REGISTRATION IS REQUIRED!!