

2018 SUMMER
GIRLS STRENGTH &
CONDITIONING CAMP

APPLICATION

[REGISTER ONLINE \(Click HERE\)](#)

Or Detach and Return w/Payment

Girls Age 10 – 14

Tuesday/Thursday

3:00 PM – 5:00 PM

July 9th – August 30th

(No classes week of July 16th – 20th)

\$225.00 Due by June 15th

This camp will be opened to the public if necessary to meet a minimum of 7 students. If we do not meet the minimum we will refund your payment.

Athlete Name: _____ Age: _____

Parent Name: _____

Parent Cell Phone #: _____

Address: _____

Parent Email: _____

Send Check and Application to:

CrossFit Schenectady

296 Morris Road

Schenectady, NY 12303

Attn: Girls Strength & Conditioning Camp

CAMP FACILITIES

The camp utilizes all the facilities available at CrossFit Schenectady. Our gym is equipped with Kettlebells, Medicine Balls, Dumbbells, Barbells, Pullup bars, Rowing Machines and much more. We have weights to accommodate all strength and fitness levels. We can easily accommodate 15 athletes at a time.

We have access to the outdoor facility at the Firehouse adjacent to the gym. The outdoor facility has a baseball field, volleyball net and pavilion.

There is very little transition time, which allows us to easily go from strength, to core, to agility, to speed work.



REGISTER BY
JUNE 15TH !!

AT



EVERYONE
IS AN ATHLETE!

2018 SUMMER
GIRLS STRENGTH &
CONDITIONING CAMP

Tues/Thursday

3:00 – 5:00 PM

July 9th – August 30th

(No classes week of July 16th – 20th)

for

Rotterdam Soccer
Girls Age 10 – 14



*For the past 10 years
we have trained hundreds of
Capital District area Athletes.*

CAMP DIRECTORS

Our Coaches have extensive backgrounds in Strength & Conditioning and multiple years of experience with teenage athletes. Each session is limited to 15 athletes to ensure an optimal coach to athlete ratio!

Coach Michele

Michele@CrossFitSchenectady.com PH# 607-227-4365

B.S. Early Childhood Education / CrossFit L-1 Coach Certification / BrandX Kids Coach Certification 12 years teaching kids athletics including CrossFit, Gymnastics, Dance and After School Programs

Coach Tina

Tina@CrossFitSchenectady.com PH# 518-209-1877

B.S. Psychology / CrossFit L-1 Coach Certification
4 Years of CrossFit Coaching experience
8 Years' experience with kids Soccer

CAMP GOAL:

**To Become
Stronger, Faster
&
More Confident!**

CAMP HIGHLIGHTS

Strength and Conditioning training has become a necessity to successfully compete in athletics at any level. This camp is designed to provide all athletes, an opportunity to maximize their potential.



AREAS OF EMPHASIS

We emphasize Skill of Movement, Form, Safety, and Fun! Our Program puts emphasis on Functional Training including improving the athlete's – Strength, Speed, Agility, Power, Flexibility, Explosiveness, Core Stabilization, and Balance.

Each session will include:

- Strength & Conditioning skills
- CrossFit Workout of the Day
- Fun athletic games
- Mobility and Stretching

FITNESS CAN BE FUN!

The idea behind our kids' programs are to pair fitness and fun.

We don't train kids to full muscle fatigue. However, their muscles may be sore from the workouts, due to learning new movements and performing them repeatedly.

The best way to train kids is with high repetition, lightweight training. If we can make a game or a competition out of it even better yet! We love partner or team workouts too!