

Big 33

ALL SPORT CAMP

Bring your game to a whole new level at Big 33 All Sport Camp this summer!

Who says getting better can't be fun, too?

The experienced, positive and passionate ESP instructors will help you become a stronger, faster and more inspired. You'll have a great time, work hard, improve your skills and make new friends.

Areas you will work on to get stronger & faster.

Skill Development

(running form, acceleration, deceleration & change of direction,)

Quickness

(ladders, hurdles, quick cones & other quickness drills.)

Power & Explosion

(boxes, plyometrics, and resistance bands)

Teamwork Drills

(unraveling the chain, and more)

Come refine your skills and take your game to the next level. We will help reinforce your work ethic and confidence.



Camp Dates:	June 17th – June 21st 2013
Location:	Central York High School, York PA
Ages:	9 – 16 year old (Boys & Girls)
Cost:	*\$99.00 (includes a camp t-shirt)
Time:	8:30 AM - 12:00 NOON

*Campers will leave with a list of exercises to take with them so they can continue to elevate their game.

To register for camp, please go to our website at www.big33.org and click on Big 33 Events & Tickets.

EXPLOSIVE SPORTS PERFORMANCE

SPEED X STRENGTH X POWER X ENDURANCE