



# Summer Sports and Conditioning Camps

## Begins June 1st

The camps are being held at The Fitness Edge

For Ages 10-18

The participants will be grouped by Age, Gender, Ability and Sport

- The Camps are designed to improve athlete's conditioning, movement, stability, strength, power and agility and reduce their risk of injury.

**The Camps run in One Month Increments.**

**Training Two times per week**

**Testing will be performed the first session of each month.**

Primary Testing includes: Weight, Body Composition, and age and sport appropriate performance testing (vertical jump, 10 yard acceleration, etc)

**The Camps will also offer the New Leaf Metabolic Exercise Testing**

- Provides exact scientific data on the athlete's VO2 max and Anaerobic Threshold
- Provides specific heart rate and training zone targets to improve conditioning.
  - Takes the guesswork out of conditioning training

# GENERAL INFORMATION

## Groups and Times

10-13 year Old Boys – 11am-Noon / 10-13 year Old Girls- 11am-Noon  
14-16 year Old Boys- 1-2pm / 14-16 year Old Girls 1-2pm  
17 and Up Boys 5:45-6:45pm / 17 and Up Girls 5:45-6:45pm

## Training will be tailored to athlete's needs

- New Leaf Exercise Metabolic testing will be held the first Saturday of each month. We will contact you to schedule an appointment. Masks are re-usable so please bring your mask with you for subsequent testing.
  - Performance testing will be done during the first session of each month.
    - There are no refunds for missed training sessions.
    - If necessary Saturday make-up sessions may be scheduled

### Option One- Metabolic Exercise Testing

8 sessions (2 per week)

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**Total: \$422.35**

### Option Two- 8 sessions (2 per week)

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**Total: \$295.12**

Each additional month – 8 sessions (2 per week) - **\$278.01**

Additional New Leaf testing - **\$75 + tax**

**\*Your Credit Card will be charged one month in advance for each month you choose to register for the camp.**

Registration available on our website

<http://www.fitnessedge-stl.com/sportscamps.php>

Questions please refer to our website or contact Jim Adams

314-616-3101-Direct line / 314-993-3343 -Facility