



ATHLETIX | FACTORY

Summer Strength & Conditioning Camps

Come Be Active AND Learn about Athletic Performance

Bryan J. Jovick

Director of Sports Performance



**Former Strength & Conditioning Coach
in St. Louis Cardinals System and NCAA D1
Trained 17 Current NFL Players
Owns 5 Division I Championship Rings in
Volleyball, Track, and Golf**



- Is your Athlete Needing to Get Stronger, Faster, get in Better Shape, or Stay Healthy?
- Don't know what to do to help them?
- Do you have questions like - How hard does my athlete need to work?
- THEN THESE CAMPS ARE FOR YOU!

FLAT RATE PRICING!

Athletes can come to 1 day a week or up to 4 days a week of training during this 4 week camp:

- Come 1 Day a week: Athletes will learn new techniques to warm their bodies up and be ready for competition. Also gain knowledge on Running Form, Strength Training Technique, and General Conditioning.
- Come 2 Days a week: Get all the benefits of coming just 1 Day a week PLUS: Injury Prevention and Agility
- Come 3 Days a week: Get all the benefits of coming 1-2 days PLUS: Advanced Explosion Training and Metabolic Intervals.
- Come 4 Days a week: You will see what Elite Level Athletes commit to in order to be at the top of the game and be the VERY BEST on the field today.

**LIMITED TO 8 SPOTS in 3 SESSIONS FOR ALL 3 SUMMER CAMPS
DON'T WAIT TO REGISTER OR THIS PROGRAM WILL BE FULL.
SEE BELOW FOR REGISTRATION DETAILS**

3 Sessions M-TH: 10:00-11:20am / 5:00-6:20pm / 6:30-7:50pm

CAMP DATES:

Camp 1: June 6th – June 30th
Camp 2: July 5th – July 28th
Camp 3: August 1st – August 25th

CAMP HIGHLIGHTS:

- Over 20 hours of Training Each Camp
- Showcase Talents Without Getting Tired
- Learn New Movements to Increase Athleticism
- Recovery, Injury Prevention, and Staying Healthy

REGISTRATION INFO: RESERVE YOUR SPOT TODAY!

Cost for each 4-week Summer Training Camp is \$99 (approx. \$5/hour of training)

CONTACT SCHEDULING@ATHLETIXFACTORY.COM OR 618-346-4646