

Spring Break Camps

Combine Prep Course (Athletes getting ready for spring and summer combines)

March 12-15

Grades 8th-12th 3-4:30pm

Price: \$150 if purchased before March 1, 2013. \$175 after March 1, 2013

Description: Every athlete wants to test well at combine testing events, whether they are trying out for a select team or participating in a college evaluation combine. Testing well comes down to proper execution. Our camp will focus on the intricate techniques and skills needed to be their best when their best is needed. The camp will be led by 1UP Director and Ignite360 Master Trainer, Blake Gould.

NEXT LEVEL Athleticism Camp (All Sports):

March 11-14

Grades 4th-7th 10:00am-11:30pm Grades 8th-12th 1pm-2:30pm

Price: \$150 if purchased before March 1, 2013. \$175 after March 1, 2013

Day 1: Foundation (Balance, Flexibility, Athletic Vision, Core)

Day 2: Explosiveness (Strength, Power, Plyometrics)

Day 3: Movement (Proper techniques, angles, and patterns)

Day 4: Competition

Description: The end goal that every athlete wants to achieve is SPEED. At 1UP, we have created a system that builds SPEED through 3 core aspects: Foundation, Explosiveness, and Movement.

In this camp, athletes will spend 1 day on each of these aspects to give them a platform to build upon and then put it into play with competition on the last day.

Call or email to register and pay.

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