



# **Summer Speed** **Camp**

***For Boys and Girls entering 5<sup>th</sup>-8<sup>th</sup> grade.***

Welcome back everyone! This summer we are running our speed camps again at Marshfield High School. For those not familiar with the workouts, our speed camp involves two, one-hour sessions a week over the summer.

This is a clinic to teach boys and girls how to sprint properly, how to have control their bodies while playing sports, and gain confidence in their abilities. SPEED CAN BE TAUGHT!

Middle-school athletes are young, and they are always growing. The combination of the two means that even if they have learned how to control and use their body at a young age, every time that they grow they have to re-learn those skills. Our camp is designed to built the coordination and strength needed to improve acceleration, speed, agility, fitness level, and overall confidence in each camper's athletic abilities.

The skills learned here are the foundations for the training that high school athletes perform. After a year or two in these camps athletes will enter the high school with athleticism that is well beyond that of the average boy or girl their age. Assimilating into a high school program will become much earlier and less intimidating at that point.

There are no weights or contact involved, we just have the athletes perform drills that build the neuromuscular adaptations that make athletic

movements second-nature. We train a bit every week throughout the summer to keep everyone in shape and when they show up to tryouts at the end of the summer everyone will be in the best shape of their lives. There will also be nutritional information handed out throughout the summer to teach the campers how to eat as an athlete.

## Program Details

- ⇒ Sport specific agility drills
- ⇒ Fun, yet challenging environment
- ⇒ Small group setting to provide personal attention; 10:1 coach to athlete ratio
- ⇒ Division I Collegiate athletes make up much of the staff
- ⇒ Bring both cleats and running shoes
- ⇒ Skills learned here will prepare your child for not only this season, but for high school. This is a scaled down version of the system that the varsity program trains with.
- ⇒ To clarify age requirements, the group is open to those who are entering 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> or 8<sup>th</sup> grade in September
- ⇒ Free Shea Training Shirt for all who participate

## More Information

Cost: \$169, \$189 after May 21

Dates: Weeks of June 22-August 14

Time: 7<sup>th</sup> and 8<sup>th</sup> grade boys: Tuesday and Thursday at 5:00-6:00pm

5<sup>th</sup> and 6<sup>th</sup> grade boys: Tuesday and Thursday at 5:45-6:45pm

5<sup>th</sup>-8<sup>th</sup> grade girls: Tuesday and Thursday at 6:30-7:30pm

Location: Marshfield High School track

Cancellation policy: A full refund will be given up to 21 days prior to the first day of camp (June 1<sup>st</sup> is the 21 day mark). After that the refund is pro-rated.

Please return attached form by May 21 to receive the reduced rate.

Any questions please email Brendan Shea at [brendanshea12@hotmail.com](mailto:brendanshea12@hotmail.com).

See you Soon!

*Brendan*