



YOUNG ATHLETES

Conditioning Camp

Workout Goals:

- Improve speed, agility and strength--training emphasis will be on use of proper form. Camper safety is top priority.
- Build a strong core--a solid foundation is a key to success.

Discussion Topics:

- Importance of becoming a solid team player.
- Developing GRIT to build skills and achieve success.
- Insight into qualities coaches desire in their athletes.

Instructor:

- Cherie Straus – Certified Strength & Conditioning Coach (CSCS)

YOUNG ATHLETES
CONDITIONING
CAMP

5TH GRADE – 8TH
GRADE

BOYS & GIRLS

SPEED, AGILITY &
STRENGTH

DISCUSSION TOPICS

ONE FITNESS LLC

5150 Granite Ridge Circle
Billings, MT
406-861-2738
onefitnessmt@gmail.com

June 4 – July 18

no classes week of July 4th

Tues/Thurs
10:30 – 11:30

6 weeks – 12 sessions
\$140 per camper

