



PRE-SEASON S&C CAMP

Intro to Strength and Conditioning

With spring try-outs and summer sport seasons approaching, now is the perfect time for athletes to get into the gym. Participants will learn the basics of strength training and Olympic Weightlifting and how it can impact their sport performance. Athletes will also be put through sport specific conditioning workouts to prepare them for the intensity of their individual seasons.



GET IN SHAPE
FOR TRYOUTS AND
PRE-SEASON

INCREASE
SPEED AND POWER
PRODUCTION

NEW
AND IMPROVED
FACILITIES

NCCP CERTIFIED
WEIGHTLIFTING
COACH

\$15/SESSION
\$100/8 SESSION

STUDIO 410

28 Clinton Street
Teeswater, ON

s410weightlifting@hotmail.com

Begins April 18th, 2017
Tuesdays and Thursdays
4 weeks
6:30 – 8:00pm