

NEXT LEVEL SPORTS TRAINING

Wheeling Park District

Attention Male Athletes in Grades 7-12: Take your performance in your sport to the next level in the three unique camps in **Next Level Sports Training** at the Wheeling Park District. Coach Thomas and Coach Tews are skilled at training athletes to reach their full potential. Give yourself the greatest chance for success and for remaining injury-free with the three camps offered this summer at the Wheeling Park District Fitness Center.

SPEED AND FLEXIBILITY

Learn the necessities for maximum speed and flexibility.

<u>CODE</u>	<u>DATE</u>	<u>TIME</u>	<u>FEE</u>
9062	6/15-6/18	1-2:30 PM	\$99
9063	7/6-7/9	1-2:30 PM	\$99
9064	7/27-7/30	1-2:30 PM	\$99

STRENGTH AND STABILITY

Increase your full-body strength and prevent injury through stability training.

<u>CODE</u>	<u>DATE</u>	<u>TIME</u>	<u>FEE</u>
9065	6/22-6/25	1-2:30 PM	\$99
9066	7/13-7/16	1-2:30 PM	\$99
9067	8/3-8/6	1-2:30 PM	\$99

POWER/PLYOMETRIC AND SPORTS SPECIFIC TRAINING: FOOTBALL* AND TRACK AND FIELD**

Power and Plyometrics training are essential to the Football and Track and Field athlete looking to develop explosive movements.

*Football positions include Running Backs, Wide Receivers, Cornerbacks, and Linebackers.

**Track and Field events include Sprints, Hurdles, and Jumps

<u>CODE</u>	<u>DATE</u>	<u>TIME</u>	<u>FEE</u>
9068	6/29-7/2	1-2:30 PM	\$99
9069	7/20-7/23	1-2:30 PM	\$99
9070	8/10-8/13	1-2:30 PM	\$99
9071	8/17-8/20	1-2:30 PM	\$99

Register for more than one camp and SAVE!

Attend one camp for \$99; register for a second camp for \$89; register for a third camp for \$79.

Register today at the Community Recreation Center at 333 W. Dundee Road in Wheeling, by phone at (847) 465-3333, or online at www.wheelingparkdistrict.com.

For more information, call Amy Lindstedt at (847) 465-2936.