

ATHLETIC PERFORMANCE



TRAINING CENTER

WE BUILD STRONGER ATHLETES!

17th ANNUAL SUMMER *SPEED & AGILITY* CAMP

LOCATION:

**North Royalton High School
Serpentini Stadium**

COST:

\$20 per session

Two (2) sessions for \$35 (\$17.50 per session)

ALL twelve (12) sessions for \$180 (\$15.00 per session)

**Register & pay for ALL 6 Weeks (12 sessions)
and receive an APTC Performance (moisture wicking) T-Shirt!**

DATES (Tuesdays and Thursdays):

June 11 & 13; 18 & 20; 25 & 27

July 2 & 4; 9 & 11; 16 & 18

TIME:

10:00 – 10:45 AM

**We provide motivated athletes
with a simple, customized training plan to help them
improve performance and reduce injury risk.**

We will help you improve your speed, agility, endurance, and conditioning!

We will help you improve your ability to accelerate, decelerate, and change direction!

We will help you improve your overall running form/mechanics!

**Forty-five minute session includes dynamic warm-up, power/plyometric
exercises, strength/balance exercises, and speed/agility drills**

CONTACT INFORMATION:

Brian Lebo – 216.509.1598 or Brian@APTCStrength.com

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Please visit our website at www.APTCStrength.com