

SPEED, POWER-EXPLOSIVENESS, QUICKNESS, AND STRENGTH

The **Liberty Blue Jays** and **Flash Performance** have partnered up to bring you a top tier speed and agility camp at Liberty High School!

Cost: \$25

Date: June 22nd and June 23rd

Time: 8am-10am

Location: Turf by baseball/softball fields at LHS

All athletes ages 10-14 years old are welcome!

Sign-up by June 14th to receive a free t-shirt.

Camp focus:

- Proper execution of a performance specific warm-up
- Biomechanics and speed development
- Acceleration/Deceleration
- Agility
- Explosive lower body plyometrics
- Explosive upper body plyometrics
- Core strengthening
- Proper stretching and cool down

