

TRAIN WITH INTENT

LBHS + INTENT SUMMER PERFORMANCE CAMP



INTENT
SPORTS PERFORMANCE

4-week Camps

Camp #1 start/end
Date:

June 14th-July 9th

Camp #2 start/end
Date:

July 12th-August 6th

SPEED TRAINING

Days: Monday &
Thursday

Time: 10 AM – 11 PM

Location: LBHS

COST: \$200

PACKAGE DEALS

SPEED + OPTION #1
Weight Training

COST: \$350

SPEED + OPTION #2
Weight Training

COST: \$325

WEIGHT TRAINING

OPTION #1

4 day Program

Days/TIME: Monday & Thursday
@ 11:15 am-12:15 pm

Tuesday & Friday @ 10:00 am-
11:00 am

Location: LBHS

COST: \$200

OPTION #2

2-day Program

DAYS/TIME: Monday &
Thursday @ 11:15 am-12:15 pm

Location: LBHS

COST: \$150

