



2026

**BUILD POWER.
BUILD SPEED.
BUILD YOU.**



To register and pay please scan :



WHEN

Training Dates

June 2- July 23

Tuesday, Wednesday, & Thursday

Times

- Session 1: 7:30am-9:00am
- Session 2: 8:30am-10:00am
- Session 3: 9:30am-11:00am
- Session 4: 10:30am-12:00pm
- Session 5(MS): 11:30am-12:30pm
- Session 6(MS): 12:00pm-1:00pm

(*MS- Middle School Session for 26-27 7th & 8th graders)

**Camp will not take place on 6/30-7/2 (dead week for vacations).



WHO

7th-12th Grade
(2026-2027 school year)
athletes that will be attending Parkway South



WHERE

Parkway South High Campus



COST

High School:

- Before March 31, 2025- \$175
- After April 1, 2025- \$200

Middle School:

- Before March 31, 2025- \$125
- After April 1, 2025- \$150

Both plans include a T-shirt

*Please email Coach Houchins for scholarships

About Us

Designed and led by Coach Kyle Witcher (Certified Strength and Conditioning Specialist (NSCA) and Level 1 Sports Performance Coach (USAW)) designed to reduce the risk of injuries in sport, increase athletic performance, and team building. Each session will focus on character development, movement enhancement (acceleration, speed, lateral), strength training, flexibility, and core training.



Why Choose Us?

PERFORMANCE IMPORIVEMENT

Participants saw an 18% (50% attendance) to 53% (90% attendance) in max weight increases on our core lifts and were 3+ times less likely to have a soft tissue injury

REDUCE INJURY

Athletes who participated in PAP in the fall season of sports only saw a 3% injury rate of soft tissue injuries like muscle/tendon strains, sprains, torn ligaments, and torn tendons.



@parkwaysouthpap

