



# STRONGER FASTER ALL SUMMER

Summer doesn't mean stop. It means level up.

## SPEED & AGILITY CAMP

Ages 11+

We have two session options.

**SESSION 1**  
June 15-July 16  
5 week session

**SESSION 2**  
July 20-August 13  
5 week session

- Mon & Wed 10:45-11:45 am
- OR
- Tue & Thu 3:30-4:30 pm

This 5-week camp delivers the critical performance training rarely found in standard programs, designed to give middle and high school athletes a competitive edge for the next level.

Participants will work through dynamic warm-ups, acceleration and top-end speed mechanics, lateral movement and change-of-direction drills, footwork and reaction training, and power-based plyometrics. Everything needed to improve explosiveness, speed, and injury prevention tailored for multi-sport demands.

Member | \$120  
Community Participant | \$150

## STRENGTH & CONDITIONING CAMP

Ages 11+

We have two session options.

**SESSION 1**  
June 15-July 16  
5 week session

**SESSION 2**  
July 20-August 13  
5 week session

- Mon & Wed 12:00-1:00 pm
- OR
- Tue & Thu 11 am-12:00 pm

This 5-week camp teaches weightlifting techniques designed to give middle and high school athletes a competitive edge on the field.

Participants will learn proper weightlifting techniques to improve their explosive power. We teach athletes how to be quicker, stronger, and more explosive so they can jump higher, run faster, and improve their athletic performance.

Member | \$120  
Community Participant | \$150

\*The opinions expressed (information provided) are not sponsored or endorsed by the school district or its personnel.

Contact me for more information!



**Lucas Nett**

NSCA | Certified Strength & Conditioning Specialist  
CSCCA | Collegiate Strength Coach Certified  
USAW | Sports Performance Coach



[www.kmymca.org/programs](http://www.kmymca.org/programs)  
1111 West Washington St • West Bend, WI 53095

[lnett@kmymca.org](mailto:lnett@kmymca.org)  
262.247.1041