

GRADES 4-8 SPORT CONDITIONING CAMP

Lifestyle Improvement
through Fitness Enhancement 

Department of
Kinesiology



May 31 — July 28, 2017

9:30-10:30am MWF

9 week session

\$196.50 / athlete

(20 athlete limit)



Camp participants will receive highly-trained, science-based coaching on exercise techniques and conditioning.



Training will include:

- Introduction to strength training movements
- Jumping and plyometrics
- Speed and agility training
- Balance, accuracy, and coordination skills
- Body weight and basic gymnastics skills
- Scientifically-valid, individualized assessments

Athletes will develop an understanding of their current athletic abilities and learn areas for improvement most relevant to their sport(s).

Only highly motivated athletes should participate.

Athletes will be challenged physically and mentally, requirements for not only athletic performance, but also for life.

**For more information or to enroll your athlete, contact Christian Larson:
(785) 341-2375 or crlarson@ksu.edu**

Coaching Staff:

- ◆**Christian Larson, MS**—Kinesiology Instructor◆CrossFit Certification: Level 3◆USA Weightlifting◆CrossFit Kids
- ◆**Bryan Heinrich, BS**—CrossFit Program Director◆CrossFit Certifications: Level 4 Coach, CrossFit Kids, Gymnastics, Mobility and Recovery, Nutrition, Olympic Weightlifting, Running and Endurance, Science of Exercise ◆USA Weightlifting ◆College Baseball Athlete
- ◆**Victor Andrews, BS** — MPH Student◆CrossFit Level 2◆CrossFit Kids
- ◆**Jake Frye, BS** — MS Kinesiology Student◆CrossFit Level 2

