

SPORT CONDITIONING CAMP

Lifestyle Improvement
through Fitness Enhancement **L.I.F.E.**

Department of
Kinesiology



June 3—August 2, 2019 (no class Friday, July 5)

8:30-9:30am MWF

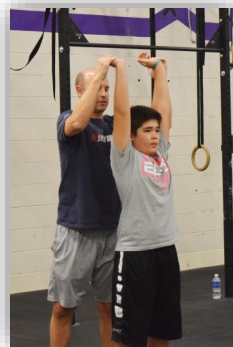
9 week session

\$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:

- ◆ **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
- ◆ **Jason Sartor** — Kinesiology Student ◆ CrossFit Level 1