

# DENTON RYAN RAIDER

## SUMMER ATHLETIC PERFORMANCE CAMP

**WHEN:** JUNE 6, 2016 – JUNE 30, 2016

**DAYS:** MONDAY – THURSDAY

**TIMES:** 8:30-9:15 Boys Weight Room

9:15-9:45 Boys/Girls Group S.A.Q./Plyometrics

9:45-10:30 Girls Weight Room

\*On inclement weather days there will be no S.A.Q.

and girls will be in the weight room from 9:15-9:45.

**LOCATION:** RYAN HIGH SCHOOL

**COST:** FREE

**Goal & Philosophy:** *Training will address all aspects of athletic development and focus on developing and improving overall strength, power, speed, flexibility, balance, agility, endurance, joint mobility, coordination, and mental toughness. To use the body as a whole integrated unit and thus improve overall athletic ability in one's sport.*



STRENGTH\*POWER\*SPEED\*FLEXIBILITY\*BALANCE\*AGILITY\*ENDURANCE  
\*JOINT MOBILITY\*COORDINATION\*MENTAL TOUGHNESS