

## **2023 Providence Athletics Summer Camps**

**Agility and Plyometrics**-\$80 weekly, \$20 daily

Session 1: June 3-7

Session 2: June 17-21

Session 3: July 8-12

Session 4: July 22-26

10am-10:45am Rising 3rd-5th grade

11am-11:45am Rising 6th-8th grade

12pm-1pm Rising 9th-12 grade

Sign up here!!

[https://docs.google.com/forms/d/e/1FAIpQLScmlIdeIY6uTm25HWAaiWEyGyvyEMV7a3fjEY-GYhw9NW9LsA/viewform?usp=pp\\_url](https://docs.google.com/forms/d/e/1FAIpQLScmlIdeIY6uTm25HWAaiWEyGyvyEMV7a3fjEY-GYhw9NW9LsA/viewform?usp=pp_url)

Location:

Rock Hill Outdoor Center Greens

1159 Riverwalk Parkway

Rock Hill, SC 29730

Description:

Are you looking to improve your speed, power, and athletic ability? Then look no further! Certified Strength and Conditioning Coach and Providence Athletic Director Brandon Eiff will guide you through various exercises and drills designed to help athletes of all levels achieve their full potential.

At our camp, you will develop better footwork, change of direction, explosiveness, and reaction time through challenging agility drills such as ladder, cone, and shuttle runs. We'll also focus on plyometric drills such as box jumps, depth jumps, and jump squats to help you become more explosive and powerful in your movements.

But don't worry—safety is our top priority! We'll start with a thorough warm-up to prepare your body for the challenges ahead, and our coaches will ensure that you perform each exercise safely and correctly throughout the camp.

By the end of the camp, you'll have developed a solid foundation of athletic ability that you can build on as you continue to train and compete. If you're looking to improve your athletic abilities, attending our agility and plyometric camp could be the perfect option.

So what are you waiting for? Join us at our camp and take the first step towards achieving your athletic goals.

*Agility and plyometric drills improve speed, power, and overall athletic ability. Popular agility drills include ladder, cone, and shuttle runs. These drills focus on improving footwork, change of direction, and overall quickness. Plyometric drills, on the other hand, aim to improve explosiveness and power. Examples of plyometric drills include box jumps, depth jumps, and jump squats. Both agility and plyometric drills can be challenging, but with consistent practice, they can significantly improve your athletic performance.*