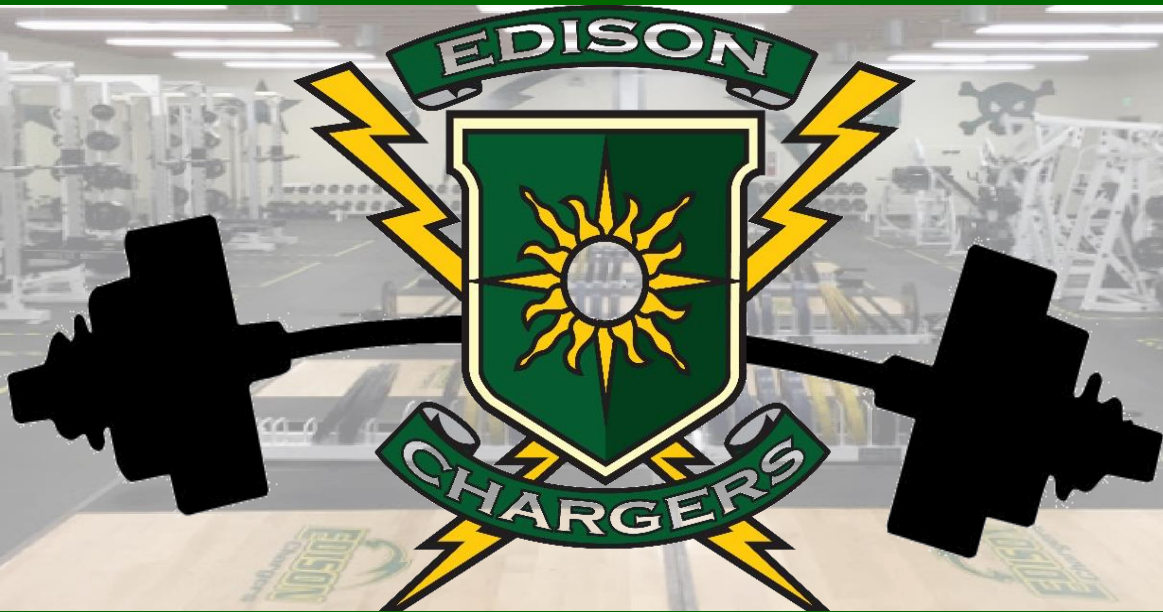


2018 EDISON YOUTH STRENGTH CAMP



OPEN TO ALL 7TH AND 8TH GRADE ATHLETES IN ALL SPORTS

**FOR ALL BEGINNER TO EXPERIENCED LIFTERS
DESIGNED TO DEVELOP STRENGTH, AGILITY, AND CONFIDENCE
ALWAYS ACCEPTING ALL ATHLETES IN EVERY SPORT**

CAMP STARTS: JANUARY 8TH TO MARCH 29TH, 2018

**TIME: MONDAYS, WEDNESDAYS, THURSDAYS
7PM TO 8:15PM**

**COST: \$300
THAT'S LESS THAN \$9 PER SESSION!**

**LEARN THE FUNDAMENTALS TO LIFTING CORRECTLY,
WITH A STRONG EMPHASIS ON TECHNIQUE AND FORM
FROM THE EDISON COACHING STAFF**

- BENCH PRESS
- SQUATS
- POWER CLEANS
- MILITARY PRESS
- DEAD LIFTS
- CORE STRENGTH

LIFTS AND WEIGHT WILL BE ADDED GRADUALLY, AS PROFICIENCY DEVELOPS

**ENROLLMENTS WILL BE LIMITED TO 60 TOTAL ATHLETES
TO ENSURE THE BEST POSSIBLE INSTRUCTION**

**FOR INFORMATION AND FORMS, VISIT:
EDISONCHARGERFOOTBALL.COM/YOUTH-STRENGTH-TRAINING-CAMP**