

Ursuline Academy

Strength & Conditioning Summer 2017



Sportsplex is honored to conduct the 3rd annual Ursuline Academy Strength and Conditioning Program. Our program is designed to coach young women through a true strength and conditioning program. We realize every individual is unique, therefore, we address the individual needs of every athlete in our program. We are capable of customizing programs for a large group of athletes using science, technology, and program design. All Athletes will engage in a full assessment, which provides our strength and conditioning coaches the feedback required to properly design programs. We are excited began the journey to a stronger, healthier body, and look forward to seeing you this summer!

\$300- Full Program

\$30- Drop In

Program Highlights:

- Comprehend the basics of a strength and conditioning
- Build a foundation of strength and conditioning
- Increase range of motion and stability
- Decrease likelihood of common sports related injuries
- Encouraging and safe environment
- All equipment and instruction provided
- Heart Rate monitors and program binders for tracking

Program Information:

- **Duration:** 6 weeks (June 5th-July 14th)
*skipping July 3rd & 4th
- **Training Days:** Monday, Tuesday, Thursday, and Friday
- **Times:** Please Choose 1 time slot
9:00am-10:30am
4:30p.m.-6:00p.m.
- Full Program contains 22 sessions

Registration Process:

To register for the camp, please click on one of the following links below. The links listed below will direct you to the Sportsplex program registration page. You may not change time slots during the program. We are accepting (40) kids total this year, (20) in each time slot. To guarantee spot in program, you must pay for the entire program. We do offer a drop in rate, however, if all (40) spots are secured, we will not allow drop-ins.

[Click to Register for 9:00a.m.-10:30a.m. Session](#)

[Click to Register for 4:30p.m.-6:00p.m. Session](#)

* If you purchase the entire program, each session cost \$13.63 for 1.5 hours of training. We highly recommend committing to the entire program, so we made it extremely cost effective.

SPORTSPLEX

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