

Speed/Conditioning Camp II (HS Girls)

June 4-29

July 16-27

10:00 – 12:00 (Mon. – Thurs.)

Rising 9th – Rising 12th

Yancey Weight Room

Free/Wesleyan students only

Coach: Dustin Wolf

[dewolf@wesleyanschool.org](mailto:dwolf@wesleyanschool.org)

Wesleyan's speed and strength camp is developed and administered by one of the nation's leaders in increasing athletic performance. Performance Training, Inc. will focus on linear speed, acceleration, deceleration, lateral quickness, explosive power, and precise changes of direction. The strength training will focus on technique and proper progressions. All lifts will be age and individual appropriate. Modification will be made on an individual basis to address any physical restraints or inexperience. This camp is for Wesleyan students only and no sign-up is necessary.