



SUMMER OFF ICE CAMP
AGES 14+

INCREASE PERFORMANCE

During this camp we will focus on making you a more powerful and explosive player by training your strength, endurance and speed. This camp will help develop the foundation needed to take your game to the next level.

Please call for pricing.

JOIN US NOW



Strength



Endurance



Speed

Dates and Times

June 20-July 20 2023
Tuesday/Thursday
8am-9:30am

At MAP, we focus on quality over quantity. We not only concentrate on the athlete's physical development but also their mental and emotional strength, building confidence within. We educate each athlete so they will understand the physical objective of each training session. The MAP system begins with specific testing. Every athlete will receive an individualized plan focusing on proper bio-mechanical movements and maximizing potential strength techniques.

www.MaximumAthleticPerformance.com



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