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# ATHLETIC DEVELOPMENT SUMMER Camps

**BEGINNER - INTERMEDIATE - ADVANCED**  
6-18 YRS OLD BOYS & GIRLS

## ALL CAMPS INCLUDE:

### GROWTH & DEVELOPMENT

- > Strength & Development (Age Appropriate)
- > Anaerobic / Aerobic Training
- > Increased Mobility
- > Injury Prevention

### EXPLOSIVE POWER

- > Resistance Training
- > Plyometrics
- > Gymnastics

### SPEED & AGILITY

- > Improved Running Mechanics
- > Improved Agility and Hand/Eye Coordination
- > Multi-Speed Directional Change

### FUN TIME

- > Beach
- > Interactive Games
- > Making New Friends
- > Ninja-Style Obstacle Course

## WHAT TO EXPECT

### PROGRESS TRACKING

- > Body Metrics
- > Training Recording and Tracking
- > Individualized Evaluations

### WORLD-CLASS RESOURCES

- > State-of-the-art Facilities
- > Certified Youth Coaches
- > Professional Sports Guests

### PERSONAL GROWTH

- > Increased Self-Confidence
- > Fun Games Fostering Teamwork
- > Making New Friends

### ATHLETIC DEVELOPMENT

- > Aerobic / Anaerobic Training
- > Explosive Power
- > Improved Running Mechanics
- > Multi-Directional Speed Training
- > Injury Prevention

## SCHEDULE & PRICING

**\$50**

Half Day  
9am - 12:30pm

**\$75**

Full Day  
9am - 5pm

**\$225**

Weekly Half Day

**\$325**

Weekly Full Day

## LOCATION

### IRVINE

60 Post  
Irvine, CA 92618  
(949) 502-5927  
info@rhinosacademy.com

### SACRAMENTO

1940 Railroad Dr  
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