



# Summer Speed Camp Series

- **Days and Times:** ALL Camps Mon., Tues., Wed. and Thurs. 4:45-6pm
- **Age:** 10-18 years old (Different groups for different ages if needed)
- **Dates:** CAMP #1 June 12-15, CAMP #2 June 19-22, CAMP #3 June 26-29, CAMP #4 July 10-13, CAMP #5 July 17-20, CAMP #6 July 24-27.
- **Cost per Camp:** One \$129, Two \$229, Three \$325, Four \$419, Five \$515, ALL Six \$599
- **Location:** West Towne Fields (Starbucks Side) 434 Gammon Place, Madison, WI 53719  
**If Rain inside LIFTraining in Middleton (address below).**
- **Questions:** LIFTraining, [608.279.2761](tel:608.279.2761). Owners: Craig & Mara Wyttenbach  
[craigw.lift@gmail.com](mailto:craigw.lift@gmail.com), [maraw.lift@gmail.com](mailto:maraw.lift@gmail.com)
- **SIGN UP:** Space is **LIMITED** so sign up early to guarantee a spot. Sign up at our secure online store at <https://squareup.com/market/liftraining-llc> also find the link from our webpage: [www.liftraining.com](http://www.liftraining.com). **Or fill out sign sheet and mail to address below.**

## **FOCUS AREAS FOR ALL CAMPS:**

We at LIFTraining have devoted our time to helping athletes accomplish their athletic goals in the the Madison Area for over 15 years. The goal of the summer performance camp series is to implement a training program (which we have developed over the years) while working with athletes to **reduce their chances of getting injured** and **improve their overall athletic performance**. **ALL** Camp sessions will focus on improving speed, quickness in a 40 foot range any direction, core strength, agility, footwork, balance and range of motion with dynamic drill and game exercises.

## **SPECIAL FOCUS AREAS FOR CAMPS:**

CAMP #1 Running Form & First Step, CAMP #2 Start & Stop Speed & Strength,  
CAMP #3 Lighting Feet & Super Core, CAMP #4 Running Form & First Step,  
CAMP #5 Start & Stop Speed & Strength, CAMP #6 Lighting Feet & Super Core

*LIFTraining, LLC reserves the right to cancel*

*(with full refund) if minimum enrollment is NOT met. Also, understand that there will be no refund or make up day(s) for unattended sessions. Consistent Training contributes to success.*

**Please Print Clearly. Checks Payable to: L.I.F.Training, LLC**

Athlete Name \_\_\_\_\_ Age \_\_\_\_\_ Parent/GuardianName \_\_\_\_\_ Phone \_\_\_\_\_

Address (Street, City, Zip) \_\_\_\_\_

Email \_\_\_\_\_ Please indicate camp(s) you will be attending: \_\_\_\_\_

### **L.I.F.Training, LLC**

3225 Parmenter St. Middleton, wi 53562

Phone: 608.279.2761 E-mail: [craigw.lift@gmail.com](mailto:craigw.lift@gmail.com) | [www.liftraining.com](http://www.liftraining.com)