



# SPORTS PERFORMANCE

Contact [sportsperformance@nooksports.com](mailto:sportsperformance@nooksports.com)

 [www.nooksports.com/sports-performance](http://www.nooksports.com/sports-performance)

All athletes in Sports Performance Camps will be baseline tested and Functional Movement Screened on their first day of training. Goals will be established and a training program will be customized for each athlete to ensure they meet their goals. Corrective Exercise Prescription will also be included in the training program to help correct any areas of weakness, flexibility problems, etc.

## Sports Performance Camp

Stay in shape for your sport with strength, speed, balance, injury prevention, conditioning, flexibility and sports yoga. Choose from full summer, monthly, or weekly options. Contact Kyle McMinn for more details at [kylem@nooksports.com](mailto:kylem@nooksports.com).

**Dates:** June 3 - August 23  
**Times:** 8:30am - 12:30pm  
**Ages:** 13-24  
**Weekly Fee:** \$199  
**Monthly Fee:** \$599  
**Full Summer Fee:** \$1,099



## College Athletes Sports Performance Camp - Full Summer

Choose from full summer, monthly, or weekly options. Contact Kyle McMinn for more details at [kylem@nooksports.com](mailto:kylem@nooksports.com).

**Dates:** May 13 - August 16  
**Times:** 8:30am - 12:30pm  
**Ages:** 18-30  
**Fee:** \$1,099

## Youth Sports Performance Camp



Choose from full summer, monthly, or weekly options.

**Dates:** June 3 - August 23  
**Times:** 8:30am - 12:30pm  
**Ages:** 13-24  
**Weekly Fee:** \$125  
**Monthly Fee:** \$449  
**Full Summer Fee:** \$899

## Youth Football Training Camp

All athletes will work on footwork, speed and agility. The program is designed to create better movement and explosiveness on the football field. Camp will take place Tuesdays and Thursdays.

**Dates:** June 25 - August 1  
**Times:** 6:00pm - 7:00pm  
**Ages:** 7-14  
**Members Fee:** \$89  
**Non-Members Fee:** \$105