

# ARC Performance Training



Elite



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## 2012 Spring Break Elite Athletic Camp

Week 1 - March 12, 13, 15, 16

Week 2 - March 19, 20, 22, 23

Limited space – 6 spots per age group

Age Groups: 11-14 / Elite 14-17

**Session times: 9:30 – 11:00 am**

WRSSBA Training Facility, 14600 24<sup>th</sup> Avenue, Surrey, B.C.

Chad Benson and ARC Performance Training invite you to this limited opportunity to experience a performance development camp similar to what an Olympian or Pro Athlete would adhere to. This comprehensive program is designed to physically and mentally challenge the athlete who is ready to take their athletic performance to the next level.

### ***Monday – Sprinting/Lower Body Strength***

Dynamic Warm-up / Sprint Technique / Acceleration



### ***Tuesday – Rotational Power/Upper Body Strength***

Core ACTivation & DROM / Core Plyometrics & Upper Strength



### ***Thursday – SAQ & Dynamic Balance***

Top End Speed / Agility / Quickness



### ***Friday – Multi-Joint Strength and Metabolic Training***

Cardio Interval Training / Fullbody Power/ Battle Strength



**COST: \$50.40/day or \$156.80/week or 268.80/ 2 weeks (HST included)**

#### **Athlete Information – Registration**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Contact #: \_\_\_\_\_ Current Sport(s) \_\_\_\_\_

Credit Card #: \_\_\_\_\_ Name on Card: \_\_\_\_\_

Visa \_\_\_ Mastercard \_\_\_ American Exp. \_\_\_ Expiration Date: \_\_\_/\_\_\_/\_\_\_

Paypal is offered through [www.arctraining.ca](http://www.arctraining.ca) or [jessica@arctraining.ca](mailto:jessica@arctraining.ca) / Cheques payable to: ARC Performance

**\*\*You may turn in registration form in at the training facility or to [jordan@arctraining.ca](mailto:jordan@arctraining.ca)**