




### TWIST YOUTH SPORT CONDITIONING CAMPS FOR SUMMER 08 • JULY 7- AUGUST 29 (Weekly Camps)

Welcome to Twist Conditioning's Summer Sport Conditioning Camps. This summer the Twist Sport Conditioning Centre and its elite staff of strength and conditioning coaches are offering weekly elite sport conditioning camps for players from a variety of sports including soccer, basketball, tennis, football, lacrosse, baseball, softball, rugby, tennis, and other sports that involve athleticism, speed and strength. Our goal is to create **smart muscles™** and movement skills to help athletes achieve better sport performance and compete injury-free. The Twist System will provide you with better **MOVEMENT SKILLS**, increased **SPEED, EXPLOSIVE POWER, FIRST STEP QUICKNESS, FUNCTIONAL STRENGTH** and **BALANCE, ROTARY CORE POWER** and a highly developed **ENERGY SYSTEM**. The program will be offered to athletes from the college and high school level from beginner to elite. Here's what our Weekly Sport Conditionings Camps are all about.

**Soccer • Basketball • Football • Lacrosse • Baseball • Softball • Tennis • Rugby • Field Hockey and more!**

Inspired by Peter Twist's professional athlete off-season training program that has helped NHL MVP Mark Messier, MLB MVP Justin Morneau, and MBA MVP Hakeem Olajawan reach peak performance, this weekly program will include all the major components of our Pro Athlete Weekly off-season training regimen and will help you re-invent your sport performance. Athletes will train for 2 hours per day over a five day period and will focus on building athleticism, strength, athletic balance, conditioning, and more. The Summer Camp is structured into 8 periodized weeks beginning with a dryland focus of strength, balance, core, movement skills, and aerobic conditioning and progressing to speed, power, first step quickness, and anaerobic energetics over the course of the summer. Athletes have the option to train for the full summer or can train on a weekly basis. The camps will take place in the exclusive Twist Sport Conditioning Centre, on the trails and on the fields. Here is what a sample week may look like.

SAMPLE TRAINING WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>6:00-8:00PM</b> 	Balance Nervous System Activation Leg & Shoulder Strength Rotational Core Power Anaerobic Energetics	Core & Shoulder Stability Integrated Push/Pull Strength Core Strength Aerobic Energetics	Rapid Excitation Speed Deceleration Quickness Core Endurance Flexibility	Balance Core & Shoulder Stability Leg & Shoulder Strength Rotational Core Anaerobic Energetics	Dynamic Movement Skills Speed, Agility, Quickness Push/Pull Strength Core Strength Aerobic Energetics

### Building Bigger, Faster, Stronger, Smarter Athletes!

#### YOUTH SPORT CONDITIONING WEEKLY CAMPS

Week 1- **Athletic Foundation:** July 7-11  
 Week 2- **Integrated Strength and Core:** July 14-18  
 Week 3- **Building Athletic Strength:** July 21-25  
 Week 4- **Developing Athleticism:** July 28-Aug 1  
 Week 5- **Foundations of Power and Quickness:** August 5-8 (4 day week)  
 Week 6- **Speed, Agility, Quickness:** August 11-15  
 Week 7- **Explosive Power and Anaerobic Energetics:** August 18-22  
 Week 8- **Bigger, Faster, Stronger, Smarter:** August 25-29

#### COST

Weekly Camps - \$299 per week (Weeks 1- 4 and 6 - 8) (10 hours training per week) • Week 5 - \$249 (8 hours of training)

#### TIMES

**Weeks 1-8:** 6:00pm-8:00pm (Monday to Friday)  
**Week 8 only:** (day option) 1:45pm-3:45pm (Monday to Friday)  
 Note: Athletes can join at the beginning of any week

#### KIDS SPORT CONDITIONING

July 2 - Sept 6 (10 weeks)

Kids Sport Conditioning will teach young athletes the foundational components of athleticism through a fun, dynamic and motivating training environment. Children between the ages of 8 and 11 are at a peak stage for nervous system development. This means that most of their body awareness, coordination, movement mechanics and balance will be developed by the age of 12 making it a critical time for youth athletes to train. The program will focus on developing movement not muscle. Balance, agility, quickness, core stability, posture, reactivity and strength will be trained through fun and challenging drills. Don't miss this window of opportunity, join the youth movement!

Schedule - Wednesdays 4:00pm-5:00pm

**Cost:** (receive 1 week free) - 1 sess/week = \$25 per sess x 10 sess = \$250 (regular) Summer Price = \$225

#### SPECIALS

- **Referral Discount:** Receive a further \$50 off if you refer a family member or friend

#### REGISTRATION

- To register please fax (604-904-6558), mail or drop off your registration form to:  
Unit 12-1225 East Keith Rd, North Vancouver, BC, V7J 1J3
- All Registration forms must also be accompanied with an Intake form and Par-Q form.  
Registration forms, Intake forms, and PAR-Q forms can be downloaded from our website at [www.twistconditioning.com](http://www.twistconditioning.com)
- For private 1 on 1 training packages please call 604-904-6556 (ext. 115) or visit [www.twistconditioning.com](http://www.twistconditioning.com)