



# GIRL'S STRENGTH CAMP

June 2025-August 2025

SIGN UP  
TODAY



“Practice creates confidence. Confidence empowers you.”

~ Simone Biles

Girl's strength camp is a camp designed to bring young women together to feel comfortable, confident, and strong in a gym or weight room setting. Young ladies will learn to create individualized programs with the help of physical therapists and strength coaches.



# WHAT DO WE TRAIN?



## STRENGTH

Our exercise program emphasizes on form and adequate stress for increases in strength.



## AGILITY

We work on speed and agility to increase speed and change of direction needed for sport.



## PLYOMETRICS

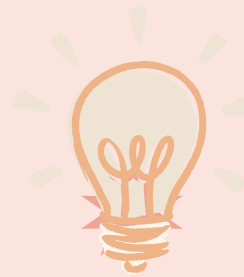
Lower body and upper body plyometrics are completed for increases in speed and power.

# WHAT DO YOU LEARN?

Each week, different specialists come in to discuss a topic related to health as it relates to young females.



**STRENGTH,  
POWER, AGILITY**



**PROGRAMMING**



**RECOVERY**



**SPORTS  
PSYCHOLOGY**



**NUTRITION**

