



High Desert Performance Testing and Training Camp For Athletes in All Sports Ages 8-14 Tuesday July 17th 8am-4pm At La Cueva High School

This camp is for **any and all youth athletes** who want to test and improve their basic performance, strength and agility skills.

Each athlete will learn and perform skills in three sections

Speed & Agility

Strength

Obstacle Course

Many high school and college coaches use this type of performance testing to evaluate athletic ability of current and future players.

Sign up as a team and receive a Team Performance evaluation.

Performance testing and training will be supervised by coaches, speed specialists and Certified Personal Trainers with over 15 years of experience. All have coached and trained multiple Division 1 athletes in a variety of sports.

Cost-\$75 per participant (\$50 for each additional sibling)

Cost includes lunch, camp shirt and performance evaluation sheet.

Medals will be provided for top performers in each section per age group

Youth Camp Registration Link

<http://www.123formbuilder.com/form-3740951/Event-Registration-Form>

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