



ELITE ATHLETE CAMP
 DRY LAND TRAINING FOR ALL ATHLETES
 SPORT PSYCHOLOGY / FITNESS / NUTRITION / TEAM BUILDING / INJURY CARE

FOUR DAY SPORTS CAMP AT THE OLDFIELDS SCHOOL

SPARKS GLENCOE, MD
 JULY 15 - 18, 2019

SPORT PSYCHOLOGY / MENTAL COACHING:
 STRENGTH / CONDITIONING / CROSS FIT:
 TEAM-BUILDING WORKSHOPS:
 ATHLETE NUTRITION AND HEALTH:
 YOGA AND INJURY PREVENTION:

Learn to boost your confidence, courage and concentration
 Learn exercise to improve your strength and stamina
 Learn how camaraderie is just as important as confidence
 Learn leading-edge ways to fuel your body for success
 Discover many other ways to PRACTICE like an athlete!

\$1,250 TUITION INCLUDES

Four days on-campus accommodations and all meals in the dining center
 Thirty-five hours of inspirational workshops and empowering workouts

EVERYONE 12 - 17 INVITED!

These sports camps are designed for athletes of all sports, all levels, and all fitness levels.
 This four-day training camp is open to female athletes from ages 12 to 17

HEAD COACH DANIEL STEWART:

I welcome your questions and comments at rideright1@gmail.com

