



Summer Athlete Training Camp

Get a competitive edge with off season fitness training. Shawn Liskey, is owner of Liskey's Fitness Services & Fighting Dragons. Since 1995, Shawn has been building athletes with many proven results. If you desire a challenging camp to become better, faster & stronger, you do not want to miss this camp! Shawn leads by example and is very motivating. Shawn will encourage and push you past your own expectations. Positive results are guaranteed. Reduce your risks of injury with proper conditioning.

Fitness Training Camp Components

INITIAL FITNESS ASSESSMENTS, NUTRITIONAL OUTLINES, TIMED FITNESS CHALLENGES, STRENGTH TRAINING, TABATA TRAINING, POWER & EXPLOSION, PLYOMETRICS, CUTTING DRILLS, FORM RUNNING, TEAM CHALLENGES, FLEXIBILITY TRAINING, ADVENTURE FITNESS CHALLENGE, MIDTERM FITNESS ASSESSMENTS, AND FINAL ASSESSMENTS WILL BE CONDUCTED.

END OF CAMP A PROGRESS REPORT AND CEREMONY WILL COMMENCE.

AWARDS WILL BE HANDED OUT TO ATHLETES WITH THE MOST PROGRESS!

JUNE TO AUGUST 2018

LIMITED REGISTRATION

TBD

DEADLINE JUNE

9-10 AM

Cash, check or credit card payable to
Liskey's Fitness Services

No training on the below listed dates

\$250/ATHLETE

DETAILED CALENDAR WILL BE SUPPLIED

TEE SHIRT INCLUDED

Coach Shawn Liskey: 717-587-4848