



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, AND FINAL ASSESSMENTS WILL BE CONDUCTED.

END OF CAMP A PROGRESS REPORT AND CEREMONY WILL COMMENCE.

JUNE 11TH TO AUGUST 2ND 2018

Monday, Wednesday & Thursday's

9:30-10:30 AM

No training on the below listed dates

(Subject to change)

6/25, 7/4, 7/23, 7/25, 7/26,

LIMITED REGISTRATION

DEADLINE JUNE

Cash, check or credit card

Liskey's Fitness Services

\$250/ATHLETE

TEE SHIRT INCLUDED

Coach Shawn Liskey: 717-587-4848