



AMPTM SPEED CAMPS AGES 7-18

UNLOCK YOUR FULL ATHLETIC POTENTIAL!

Experience a Transformational Camp: Master Sprint Mechanics, Enhance Explosiveness, and Unleash Your Agility! Plus Boost Hip Mobility and Perfect Your Running Form.

Riverview High School

NOVEMBER 4 & 11

DECEMBER 2 & 9



All 4 Sessions: \$100

One Session: \$35

ITINERARY

8:45am -10:00am

Ages 7-13

ALL SPORTS

10:00am - 11:30am

Grades 8th - 12th

Sports: BASEBALL, SOFTBALL,
LACROSSE

11:30am - 1:00pm

Grades 8th - 12th

Sports: FOOTBALL, TRACK
SPRINTERS, SPEED WALKERS,
MIDDLE / LONG DISTANCE
RUNNERS

BOOK ONLINE: WWW.AMPATHLETICS.COM