



STRENGTH & CONDITIONING SUMMER CAMP

PROGRAM OVERVIEW

The *STRENGTH & CONDITIONING SUMMER CAMP* is designed to improve the overall fitness of the casual or elite athlete. Our program focuses on the development of the five principal measures that impact peak performance for any sport: **STRENGTH, POWER (EXPLOSION), SPEED, AGILITY, and ENDURANCE.**

The ESP program is not sport specific and is designed to develop comprehensive athletic attributes applicable to any sport.

The ESP program is comprised of two primary components, typically taking place in separate training sessions: (1) Speed, Endurance, and Agility (SEA), and (2) Strength and Power (S&P).

The ESP program can be customized to accommodate the availability and primary objectives of the athlete. You can mix and match SEA and S&P sessions in any manner necessary to achieve the objectives.

SEA sessions are generally conducted at local outdoor facilities. During these sessions we focus on development of the proper mechanics and techniques of sprinting, various approaches of developing "athletic endurance", and change-of-direction, lateral movement and quickness drills.

S&P sessions are conducted at our facility in National Business Park, Annapolis Junction (Jessup), MD. During these sessions we focus on overall strength and muscular development, with a specific focus on muscular endurance and transferring strength to power: the ability to move weight explosively.

PROGRAM SCHEDULE

PHASE 1 – MINI CAMP	ACTIVITY (CONDITIONING ONLY)	LOCATION	TIME
Friday, Jun 23	Endurance Training	Reservoir HS, Fulton, MD	11:30 AM
Monday, June 26	Speed Training	Reservoir HS, Fulton, MD	11:30 AM
Wednesday, June 28	Agility Training	Reservoir HS, Fulton, MD	11:30 AM
Friday, Jun 30	Endurance Training	Reservoir HS, Fulton, MD	11:30 AM
Wednesday, Jul 5	Speed Training	Reservoir HS, Fulton, MD	11:30 AM
Friday, Jul 7	Agility Training	Reservoir HS, Fulton, MD	11:30 AM

PHASE 2 – FULL CAMP	ACTIVITY (STRENGTH & CONDITIONING)	LOCATION	TIME
Week 1			
Monday, July 10	Endurance Training & Testing (1.5 Mile, College)	Reservoir HS, Fulton, MD	11:30 AM (Grp 1 & 2)
Tuesday, July 11	Foundational Strength Training (Lift #1)	Focus Fitness, Jessup, MD	2:00 PM (Grp 1); 3:30 PM (Grp 2)
Wednesday, July 12	Speed Training & Testing (40 YD Dash)	Reservoir HS, Fulton, MD	11:30 AM (Grp 1 & 2)
Thursday, July 13	Foundational Strength Training (Lift #1)	Focus Fitness, Jessup, MD	2:00 PM (Grp 1); 3:30 PM (Grp 2)
Friday, July 14	Agility Training & Testing (U-Drill, 3-Cone, T-Drill)	Reservoir HS, Fulton, MD	11:30 AM (Grp 1 & 2)
Week 2			
Monday, July 17	Endurance Training & Testing	Reservoir HS, Fulton, MD	11:30 AM (Grp 1 & 2)
Tuesday, July 18	Foundational Strength Training (Lift #1)	Focus Fitness, Jessup, MD	2:00 PM (Grp 1); 3:30 PM (Grp 2)
Wednesday, July 19	Speed Training & Testing	Reservoir HS, Fulton, MD	11:30 AM (Grp 1 & 2)
Thursday, July 20	Foundational Strength Training (Lift #1)	Focus Fitness, Jessup, MD	2:00 PM (Grp 1); 3:30 PM (Grp 2)
Friday, July 21	Agility Training & Testing	Reservoir HS, Fulton, MD	11:30 AM (Grp 1 & 2)



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PHASE 2 – FULL CAMP	ACTIVITY (STRENGTH & CONDITIONING)	LOCATION	TIME
Week 3 Monday, July 24 Tuesday, July 25 Wednesday, July 26 Thursday, July 27 Friday, July 28	Endurance Training Core and Joint Stabilization (Lift #2) Speed Training Core and Joint Stabilization (Lift #2) Agility Training	Reservoir HS, Fulton, MD Focus Fitness, Jessup, MD Reservoir HS, Fulton, MD Focus Fitness, Jessup, MD Reservoir HS, Fulton, MD	11:30 AM (Grp 1 & 2) 2:00 PM (Grp 1); 3:30 PM (Grp 2) 11:30 AM (Grp 1 & 2) 2:00 PM (Grp 1); 3:30 PM (Grp 2) 11:30 AM (Grp 1 & 2)
Week 4 Monday, July 31 Tuesday, Aug 1 Wednesday, Aug 2 Thursday, Aug 3 Friday, Aug 4	Endurance Training Compound/Olympic (Lift #3) Speed Training Compound/Olympic (Lift #3) Agility Training	Reservoir HS, Fulton, MD Focus Fitness, Jessup, MD Reservoir HS, Fulton, MD Focus Fitness, Jessup, MD Reservoir HS, Fulton, MD	11:30 AM (Grp 1 & 2) 2:00 PM (Grp 1); 3:30 PM (Grp 2) 11:30 AM (Grp 1 & 2) 2:00 PM (Grp 1); 3:30 PM (Grp 2) 11:30 AM (Grp 1 & 2)
Week 5 Monday, Aug 7 Tuesday, Aug 8 Wednesday, Aug 9 Thursday, Aug 10 Friday, Aug 11	Endurance Training Compound/Olympic (Lift #3) Speed Training Compound/Olympic (Lift #3) Agility Training	Reservoir HS, Fulton, MD Focus Fitness, Jessup, MD Reservoir HS, Fulton, MD Focus Fitness, Jessup, MD Reservoir HS, Fulton, MD	11:30 AM (Grp 1 & 2) 2:00 PM (Grp 1); 3:30 PM (Grp 2) 11:30 AM (Grp 1 & 2) 2:00 PM (Grp 1); 3:30 PM (Grp 2) 11:30 AM (Grp 1 & 2)
Week 6 Monday, Aug 14 Tuesday, Aug 15 Wednesday, Aug 16 Thursday, Aug 17 Friday, Aug 18	Endurance Training & Testing (1.5 Mile, College) Compound/Olympic Lift #3 Speed Training & Testing (40 YD Dash) Strength & Power Testing (1RM, Broad, Vertical) Agility Training & Testing (U-Drill, 3-Cone, T-Drill)	Reservoir HS, Fulton, MD Focus Fitness, Jessup, MD Reservoir HS, Fulton, MD Focus Fitness, Jessup, MD Reservoir HS, Fulton, MD	11:30 AM (Grp 1 & 2) 2:00 PM (Grp 1); 3:30 PM (Grp 2) 11:30 AM (Grp 1 & 2) 2:00 PM (Grp 1); 3:30 PM (Grp 2) 11:30 AM (Grp 1 & 2)

PROGRAM COST

- Phase 1 (Mini Camp).....\$135/person**
- Phase 2 (Speed, Endurance, & Agility Only).....\$405/person**
- Phase 2 (Full Camp)\$540/person**
- Phase 1 & 2 (Mini & Full Camp)\$600/person**