

2010

"To finish first, preparation cannot come second"

APECS SUMMER CAMP JUNE 24TH — AUGUST 24TH



Camp Focus

- Resisted / assisted sprinting
- Obstacle/agility course
- Medicine ball throws
- Plyometrics
- Vertical leap training

Performance Enhancement Results

- First step quickness
- Acceleration and deceleration
- Vertical jump
- Total body power
- Core strength
- Linear speed
- Total body conditioning

Who Athletes ages **10-13**
When Tuesdays & Thursdays
 10:00 am—11:00 am
Cost \$225.00 2x per week for
 8 weeks

Who Athletes ages **12-16**
When M, W, F 10:00 am - 11:00am
Cost \$325.00 3x per week for
 8 weeks

Details APECS, 23 Jayar Road Medway.
 Starts Thursday June 24th and
 ends Tuesday August 24th

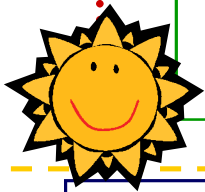
Camp will not be held July 5th-9th

All participants should bring a water bottle
 and a healthy snack for after the workout.
 Please fill out the bottom portion of this flyer
 and mail it in with your deposit.

APECS

23 Jayar Road
 Medway MA 02053

Phone: 508-533-9005
 E-mail: info@apec-s.com
 www.apec-s.com



APECS SUMMER CAMP (SELECT PROGRAM)

AGES 10 - 13

AGES 12 - 16

Athletes Name _____ /_____/_____
DOB

Parents Name _____

Address _____

City, State, Zip _____

Phone #, email _____

Is your child new to APECS? Yes _____ No _____
 If you answered YES, a participation waiver will be required on the first
 day of camp. Please visit our website to download the form or pick one
 up at our Medway location.

Method
 of payment Check _____ Visa _____ MC _____ Disc _____

Credit Card # _____ Exp _____ / _____

Signature _____

Mail to: APEC 23 Jayar Rd. Medway MA 02053