

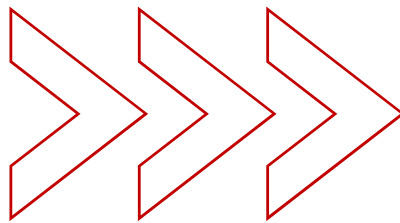


EMPOW3R SPORTS PERFORMANCE

elevates athletes by balancing a coach's skill and strategy development of the sport with the emotional and mental health well-being of athletes to help support overall success.

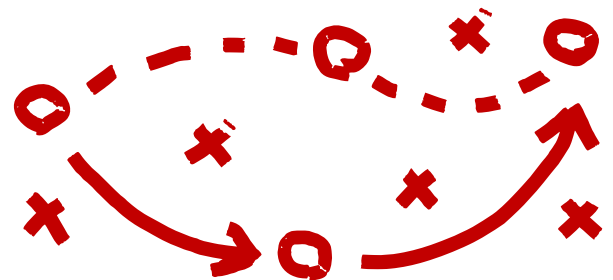
SUMMER CAMP PROGRAM

EMPOW3R Sports Performance Summer Camps incorporate the best of all camp worlds for the sports loving child. Structured much like a traditional day camp program, our camp takes a sports approach to camp. Campers will learn from elite level coaches, players and professionals in a variety of sports each day. Additionally, the camp will incorporate elements of EMPOW3R Sports which will help each camper develop a love of the sport, their role in sports, and how to remain emotionally and mentally healthy throughout their young sports journey.



DAY AT A GLANCE CAMP OVERVIEW

Opening Ceremonies
Pro Sport 1 Training
Large Group Games
EMPOW3R Training
Lunch
Pro Sport Practice Time
Olympics Team Training
Olympics Team Development
Large Group Games
Closing Circles



MORE THAN X's and O's CAMP

This is not your ordinary sports camp experience. With EMPOW3R Sports Camps, your child will grow as an individual athlete in the things that matter most; character, sportsmanship and learning how to care for and advocate for self.

1 WEEK CAMP

HALF DAY WRAP AROUND CAMP

Starts at \$160 per week

FULL DAY CAMP \$285 per week

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