Dear Parents,

IGNITE’s Summer Speed, Agility & Plyometric Camp will begin on June 3, 2013. Attached you will find our schedule for the summer of 2013. Please note, we may add a 4th date in June to accommodate more multi-sport athletes. Also, in July, all athletes who are interested in football will have the chance to gear up and participate in specific football drills. Those not interested, will continue with speed, agility and plyometric drills.

We will offer the entire summer session for $100 for all returning participants and $125 for new participants. The best time to improve speed and agility is while simultaneously playing a sport. Many of the kids participating will be playing lacrosse, baseball and soccer in June, which is the ideal time to start versus waiting until July. One session a week while playing a sport pays big dividends. They are able to transfer their new skillsets directly to the field of play. Don’t expect your son or daughter to magically get faster though; give them a chance with a structured program.

An average 2-3 day speed camp runs between $125-$400 for 3 contact hours. With these types of camps, the kids will never get enough repetitions to develop the muscle memory they need to make any true gains. The reason we offer such a low price is to continue to give back to the Green Mountain community and develop their athletes. We will cap the speed camp at our max number of participants we can accommodate; registration will be on a first come basis. Many full teams that attended the speed camp in 2012 moved on to acquire championships throughout the following year.

Remember, the summer speed, agility and plyometric camp is a marathon and not a sprint… your child **does not** need to make every session. Vacations, other camps etc., are anticipated and expected. The reason we offer so many dates at such a cheap price, is to factor in the possibility that many participants will miss over half the dates. If your child attends two sessions or more a week, they will be receiving more than their money’s worth. If they attend all the sessions, they will have won the lottery. Really, they will have won the lottery of unlimited sweat for mom and dad to wash out of their clothes!

Ignite is not a daycare and is solely designed to improve the participant’s speed, agility, quickness and ability to change direction. In the process of improving speed, your kids will become very well conditioned. The camp will also help enhance sport specific movements and knowledge. The kids will work hard, focus and have fun.

Bottom Line: Your child will improve cardiorespiratory endurance and enter into the fall sports season highly conditioned with vastly improved running form, better coordination, improved self-esteem and hopefully, a few more friends.

The Ignite staff consists of four coaches with bachelor’s degrees (or greater) in Exercise and Sport Science. The team has instructed camps all over the State.