

IGNITE

YOUTH SPEED & AGILITY SUMMER CAMP



WEEK 1 SCHEDULE: JUNE 3

REGISTRATION / CHECK-IN	6:00 - 6:30
WARM-UP	6:30 - 6:40
DEVELOPMENTAL DRILLS	6:40 - 7:10
WATER BREAK	7:10 - 7:15
WRAP-UP DRILLS	7:15 - 7:30

WEEKS 2-9 SCHEDULE:

WARM-UP	6:30 - 6:40
AGILITY/SPEED/PLYO DEVELOPMENT	6:40 - 7:10
WATER BREAK	7:10 - 7:15
WRAP-UP DRILLS	7:15 - 7:30

WEEK	DATES	
1	JUNE 3 RD , 5 TH , 6 TH	DEVELOPMENT
2	JUNE 10 TH , 12 TH , 13 TH	PROGRESSION
3	JUNE 17 TH , 19 TH , 20 TH	PROGRESSION
4	JUNE 24 TH , 26 TH , 27 TH	PROGRESSION
5	JULY 1 ST , 2 ND	SPORTS SPECIFIC DRILLS START
6	JULY 8 TH , 10 TH , 11 TH	SPORT SPECIFIC
7	JULY 15 TH , 17 TH , 18 TH	SPORT SPECIFIC
8	JULY 22 ND , 24 TH , 25 TH	SPORT SPECIFIC
9	JULY 29 TH , 30 TH , AUG 1 ST	SPORT SPECIFIC