

We are pleased to announce
~BKAthletics Youth Summer Camps~

Ninja 'Prep' Camp

Our Prep Camp is designed specifically for athletes who have either never trained in our S&C Youth Program or haven't attended in the last 3 months and are looking to join the Teenage Ninja Performance Camp (See below for specifics). Since inception, the S&C Programs have grown tremendously and we together with our athletes have spent a great amount of time developing our skill-set through commitment, hard work and dedication. In light of this, it is important for newcomers to take part in this 'Prep Camp' to get up-to-speed prior to joining the Teenage Ninja Performance Camp.

Who:

Newbies Ages 12-16 yr. olds with none or less than 3 months of recent exposure to the BKA S&C Program

What:

This is a skill and movement prep camp that teaches newcomers the necessary technique needed to join the 'Teenage Ninja Performance' Camp. Athletes will receive expert coaching by Ben Kelly in; Gymnastics (push-ups, pull-ups, body awareness), Barbell Work (squatting, press, pull movements), Running (speed & agility), Rowing - KettleBell - Jumping (conditioning), Nutrition (education)

Where:

Here at BKAthletics, 85 Mill Plain Road, Ste. G, Fairfield, 203.292.8770

When:

June 23-27th for 5 consecutive days, Monday - Friday

Time:

11:00 a.m. - Noon

Cost:

\$90.00 (for 5 days)

Teenage Ninja Performance Camp

"Get Fast - Get Strong - Be Explosive"

The BKA Ninja Camp is programmed around the training philosophy of BKAthletics and coach Ben Kelly. Athletes benefit from three days per week (90 minutes per session) of coaching over the course of a six-week period to improve *SPEED, AGILITY, STRENGTH, POWER* and *STAMINA*. With an emphasis on nutrition, this program also gives the athlete a distinct advantage, developing knowledge of how to eat for athletic improvement and maximize recovery between training sessions.

Who:

For 12-16 year olds with a minimum of 3 months exposure to BKAthletics S&C training

What:

Each training session will consist of; Gymnastic Skills, SAQ (speed, agility & quickness), Strength Circuit, Conditioning, Mobility/Flexibility and Nutrition

Where:

BKAthletics, 85 Mill Plain Rd., Ste. G, Fairfield, 203.292.8770

When:

June 30th - August 8th, meets 3X per week for 90 minutes for a total of 6 weeks

Times*:

Monday, Wednesday, Friday 10:30 a.m. - Noon

Tues, Thurs.: 4:00 p.m. - 5:30 p.m.

*Athletes choose any 3 days per week

Cost: \$390.00 (for 6 weeks)

Learn To Train Fitness Camp

The 'Learn to Train' Fitness Camp is for athlete's ages 9 to 11 years old who are interested in improving their overall athleticism. The program is designed to introduce all components of athletic training in a fun, focused learning environment. Fitness drills and applications are used to teach skills, while keeping athletes attentive and maximizing effort.

Who:

Ages 9-11 yrs. old

When:

June 30th - August 8th, meets 3X per week for 60 minutes for a total of 6 weeks

Time:

Monday, Wednesday, Friday 4:00 p.m. - 5:00 p.m. (60 minutes)

What:

Each session is based around three priorities;

1. Have Fun (games, drills, teamwork)
2. Learn (skill work, nutrition, education)
3. Train Tough (conditioning, stamina)

Where:

BKAthletics, 85 Mill Plain Rd., Ste. G, Fairfield, 203.292.8770

Cost: \$250.00 (for 6 weeks)

How to Sign-Up:

Please call 203.292.8770 or stop in Monday-Friday between 8:30 a.m. - 7:00 p.m. and Saturday between 7:00 a.m. - Noon, see the front desk staff to fill out paper work. We accept MC, Visa & Cash. The deadline to sign up for all Camps is Saturday June 22nd.

We look forward to seeing you!