

ATHLETES
OF ALL
SPORTS

“SUMMER CATS”

ENTERING
GRADES
3-8

SPEED CAMP



ACTIVITY-BASED SPEED, AGILITY, & ENDURANCE
TRAINING FOR ATHLETES OF ANY SPORT, LED BY
DAVIDSON COACHES & ATHLETES

JUNE SESSION

6-7PM @ DAVIDSON STADIUM
MONDAYS & WEDNESDAYS
JUNE 10, 12, 17, 19, 24, 26

JULY SESSION

6-7PM @ DAVIDSON STADIUM
MONDAYS & WEDNESDAYS
JULY 15, 17, 22, 24, 29, 31

\$75 FOR ONE SESSION OR \$125 FOR BOTH

DYNAMIC STRETCHING
AGILITY LADDERS
MINI-HURDLES
STRENGTH CIRCUITS
CROSS-COUNTRY



SPEED
PARACHUTES
TRACK & FIELD
EVENTS
RELAY RACES

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