

TRYBE PERFORMANCE

3 WEEK CAMP: INTRODUCTION TO STRENGTH AND CONDITIONING



Matt Walmsley

Certified Strength and Conditioning Specialist, Tactical
Strength and Conditioning Facilitator

July 27th - August 14th

Monday/Tuesday/Thursday

2pm-3pm or 6pm - 7pm

Ages 13 -18

Limit 5 per session

Does your son or daughter want to go to the gym to get stronger for sports? Do you want to make sure they exercise safely?

The camp will help teach them proper form and technique in order to allow them to start training safely and effectively. Your child will learn how to perform squats, deadlifts, bench press, pull ups, and much more. They will come away with a strong foundation which they can build on during their athletic career.

Lifting weights has been proven to strengthen teenagers and help prevent common injuries such as ACL tears, tendinitis, and broken bones.

Safety is always paramount and no student will ever have to worry about if they are ready to perform any movement.

Cost: \$150

This is less than \$17 per session and a cost savings of 83% over the average rate!

Special rate for all girl and boy's PAC Sports!

Go PAC!

Location: Baseline Fitness

608 S Saluda Ave, Columbia, SC 29205

"I have known Matt for years and have seen first hand the results which resulted in increased performance, especially with athletes that have no knowledge or very little training when it comes to increasing strength, agility and speed. He is a certified trainer and I would feel very comfortable with any player of mine being instructed by him." - Allen Gleaton, Varsity Head Coach, PAC Panthers Football



Contact Us



813-957-5513



TRYBEPERFORMANCE@GMAIL.COM

TRYBEPERFORMANCE.COM