

Kids Programming

Youth Skill Development Training Camp

Mondays & Wednesdays

4pm – 4:45pm

Nov 26 – Dec 19

Ages: 11-13 (max of 10 participants)

Cost: \$80

This camp will be limited to 10 kids, ages 11-13.

It will work on the three missing components from most kids' training:

- 1 - upper body power
- 2 - explosive offensive takeoffs
- 3 - defensive reaction skills

Led by Matt Sillanpaa CSCS, RKC, who has over 10 years of experience in the strength and conditioning field, including 6 consecutive state titles for the Southeast Polk Rugby program, we will approach this 8 session camp with detail and precision.

Registration: Now – Nov 23 click [here](#)

Kids Bootcamp 2019 Session I

Mondays & Thursdays

4pm – 4:45pm

Jan 14 – March 7

Ages: 7-15 (6 year olds on parental approval)

Cost: \$80 for 2 days/week or \$50 for 1 day/week

This camp will fill up fast, and is limited to 30 spots! This bootcamp will feature a blend of speed & agility, athletic style training, ninja coursework, and FUN! Our staff will create a fun, teamwork environment to work together to complete tasks all while getting a great workout in too! The kids will learn to overcome physical feats, as well as mental roadblocks.

Registration: Dec 1 – Jan 14 click [here](#)