

M2 Performance Speed & Agility Summer 2024 Camp

Goal: To increase speed, agility, and strength to maximize athletic performance.

Age Groups: Incoming 3rd graders through High School

Event Dates: June 10th - July 25th, 2024 (excluding July 1st - 5th)

Event Address: Evans Park, Multi-Use West Field: 34201 CR 17, Elizabeth, CO 80107

Event Days & Times: 4 different session options (register for one session)

A session is 2 workouts per week for 6 weeks and a total of 12 workouts:

Session A: Mondays & Tuesdays: Morning Session (9 am - 10 am)

Session B: Mondays & Tuesdays: Evening Session (5 pm - 6 pm)

Session C: Wednesdays & Thursdays: Morning Session (9 am - 10 am)

Session D: Wednesdays & Thursdays: Evening Session (5 pm - 6 pm)

We changed the sessions to be back to back days this year for various reasons. This scheduling will allow families to get out of town for long weekends. It allows athletes to make up missed days without having to do the same workout on consecutive days. Lastly, this scheduling is better for those athletes who would like to go four days a week for the summer or for a given month.

Event Cost:

Option 1: 24 workouts for \$480 dollars (\$20 per workout)

Option 2: 12 workouts for \$270 (\$22.50 per workout)

Option 3: 6 workouts for \$150 (\$25 per workout)

Option 4: Single Drop-in for \$30 per workout

* **Drop-In Option:** Please complete the registration in advance (indicate "Drop-in" option below). The Athletic Emergency & Contact Information Form will be emailed to you for completion in advance so you are ready to attend at any point. \$30 payment is due upon arrival to the drop-in session.

* **Limited to 24 Athletes Per Session.**

* **Register by June 5th, if possible, so we can prepare for your arrival. Late registrations will be accepted.**

Contact: Mark Mankin at (303) 883-6600 or m2performanceltd@gmail.com

