

AMP CAMP

Athletic Movement and Performance

Summer Session Starts June 8th

Strength • Speed • Power • Agility • Endurance

WHAT'S AMPCAMP

AMP Camp is aimed to improve athleticism, performance and overall strength. AMP Score Measurements and test results are used to customize the training program to an athletes specific needs. Athletes will train within groups of similar abilities.



SUMMER CAMP DETAILS

- **7 Week Camp, 6/8 - 7/29**
(week off for 4th of July holiday)
- **(2) 1-Hour Sessions Per Week**
(14 sessions total)
- **Mondays & Wednesdays**
12:30 pm - 1:30 pm
- **Cost — \$400 Per Athlete**
(group/team discounts available)
- **Pre and Post Camp AMP Scores**
Provided to Athletes

AMP SCORE MEASUREMENTS

- Vertical Jump
- 20 Meter Sprint
- 3 Cone Drill
- Beep Testing
- Rep Maximums on Squat and Press
- + Much More!

CONTACT US

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LOCATION

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AMP SCORE

ATHLETIC MOVEMENT AND PERFORMANCE



**TWIN CITIES
ORTHOPEDICS**