

Strength and Conditioning Camp

Summer 2008

This 3-day intensive program for young men and women **ages 13-18** provides valuable training and education for the active teen as well as the competitive athlete.

Sports specific fitness training, strength and conditioning, quickness and agility, balance and flexibility, nutrition, and competition preparation, are all addressed, while **pool training and play** round out the program.

Needless to say a primary component of our days is **FUN!**

The program is led by **Certified Personal Trainers** who utilize **state of the art training designs.**

Those students interested in maintaining and/or increasing conditioning in the off-season for fall and winter sports will find this camp particularly beneficial!

Offering 6 Sessions!

July 7th through August 15th!

Mondays, Wednesdays, and Fridays

8 am-12 noon

\$99/week for First in Fitness Members

\$125/week for non members

**10 % off if enrolling
in 4 sessions or more!!!**

PERSONAL TRAINING
sessions available at reduced rates
throughout the duration of the camp!

For more information, or to enroll
please contact:

Linda Freeman

Director of Personal Training
First in Fitness, Berlin

(802) 223-6161

lfreeman@firstinfitness.com



Camp Director, Chris Pickel

is an AFFA Certified Personal Trainer, licensed Massage Therapist, and holds a degree in Allied Health from CCV.

Chris is an accomplished collegiate athlete as a starting player in the Eastern Junior Hockey League and Captain of the Men's Lacrosse Team at North Country Community College. A former U32 athlete, Chris was Captain of both Varsity Hockey and Lacrosse and was a member of the Varsity Football State Championship Team. He remains involved with high school sports as the Assistant Coach of the U32 Boys Hockey Team.

