THE UNIVERSITY OF

# IOWA

## 18th ANNUAL

# ALL SPORTS SPEED & STRENGTH CAMP

## Saturday April 28, 2018

### 9:00 a.m. - 1:30 p.m.

### WHO

All Athletes: Grades 6-12
(Male & Female)

### WHERE

Football Indoor Practice Facility
The University of Iowa
Iowa City, Iowa

### COST

**$60 ($10 Refund fee)**
**- NO REFUNDS AFTER APRIL 20, 2018 -**

ONLINE REGISTRATION @
***www.iowasportscamps.com***

### 2018 CAMP ITINERARY

| | |
|---|---|
| 8:30-9:00 a.m. | Check-in |
| 9:00 a.m. | Welcome |
| 9:30 a.m. | Strength |
| 10:30 a.m. | Linear Speed |
| 11:30 a.m. | Lateral Speed |
| 12:30 p.m. | Nutrition |
| 1:30 p.m. | Closing Remarks |

Dress in shorts, T-shirt & tennis shoes.
Bring a sports bag to put your belongings in.