



ETP TRAINING SYSTEMS

STRENGTH AND CONDITIONING WITH PJ RAGONE

Vineland Athlete Speed and Agility Camp
Romano Sports Complex

350 N. Spring Road, Vineland, NJ 08360



Camp starts July 8th
Ends July 31st

PROGRAM OF TRAINING:



COORDINATION AND BODY AWARENESS

Drills to enhance movements in relation to space, objects, player, and boundaries



TECHNICAL DEVELOPMENT

Interactive drills to enhance skill acquisition, technique refinement, consistency, and adaptation



MOVEMENT SYNCHRONIZATION

Drills and interactive activities focusing on timing, rhythm, and control



STRENGTH AND POWER

Training to create and and develop the ability to exert force quickly and safely



CAMP DETAILS:

- ◆ 12 spots available
- ◆ Registration closes June 30th
- ◆ Ages 10+ from 10:30am - 12:00pm
- ◆ Camp starts July 8th, every Tuesday and Thursday



REGISTRATION IS OPEN!



Our development camp is designed to give your child the essential groundwork they need to grow with confidence, develop their skills, and thrive in their sport and athletic career!



(856) 207-9260



www.etp-consulting.com



info@etp-consulting.com