NST WEIGHT TRAINING CAMP
SOCCER SPECIFIC STRENGTH/SAQ

CAMP DATES FOR SESSIONS:

SESSION 1: JUNE 6 - JULY 1

SESSION 2: JULY 4 - JULY29

COST: $240/PLAYER/SESSION

(GYM MEMBERSHIP IS ADDITIONAL $40)

LOCATION:

NORTH COLLIER REGIONAL PARK

Session 1:

Group 1 - Monday (2:00pm-3:30pm)
Thursday (3:00pm-4:30pm)
Group 2 - Tuesday (3:30pm-5:00pm)
Friday (1:30pm-3:00pm)

Session 2:

Group 1 - Monday (2:00pm-3:30pm)
Thursday (3:00pm-4:30pm)
Group 2 - Tuesday (3:30pm-5:00pm)
Friday (1:30pm-3:00pm)

SPEED & AGILITY

STRENGTH & POWER

It's time for the "off-season"... I am not a fan of the name "off-season". This time should be called the ON season!

REGISTER/RSVP AT:
Scroll to bottom of page and click on NST logo

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