

CARDINAL THERAPY GROUP PRESENTS



# SPORTS PERFORMANCE TRAINING CAMP

**JUNE,  
3-5 &  
10-12**



Camp will provide training in speed, mobility, and strength guided by Cardinal Wellness Staff. Not sport specific, all athletes are welcome! Camp days will be action packed and you will take home information on how to continue training all summer or in your off-season.

MS/HS athletes, boys and girls, get faster, stronger, and smarter when it comes to training your body!

**PER DAY- \$30  
FULL 6 DAYS- \$150**

**LOCATION:  
BAND PRACTICE FIELD BEHIND  
WEST HOLMES MS  
(beside soccer field)  
8A-9:30A**

**REGISTER NOW**

CALL US: 330-231-8177  
EMAIL US: [INFO@CARDINALREHAB.ORG](mailto:INFO@CARDINALREHAB.ORG)