



**BISHOP MOORE
CATHOLIC HIGH SCHOOL
SUMMER 2018**



SPORTS PERFORMANCE PROGRAM

The BMC Sports Performance Program is designed to improve overall athletic performance and prepare the student athlete for the upcoming athletic school year. The Summer program lasts 8 weeks (there is also a 4 week option available). Workouts are scheduled 3 days a week and last 90 minutes. Our focus is on developing movement skills, strength, speed, power and conditioning in a fun, safe and professionally supervised environment.

WORKOUT HIGHLIGHTS

- Coaching Staff- Our coaches are degreed and certified professionals
- Skilled Movement Training
 - Starts/acceleration
 - Multi Directional Quickness and Agility
 - Speed Training
- Upper and Lower Body Explosive Power
- Development of Muscular Strength - Instruction in proper weightlifting technique

Dates: June 4th - July 27th - Mon, Wed, Fri

Where: Bishop Moore Catholic High School – The Dome

Cost: \$175.00 – 8 Week Program, \$100 – 4 Week Program

What to wear

- Work-out clothes: Shorts, T-shirt, running/tennis shoes, cleats(if you have them)

What to bring

- A snack for after workout and Gatorade if desired
- We will have water available at scheduled breaks throughout each session

REGISTER ONLINE

www.bmcsportsperformance.com

Or

**Call Orlando Sports Medicine
at 407-332-7816 and we'll be happy to help you!**

The Bishop Moore Sports Performance Program is administered by Orlando Sports Medicine—The official provider of Sports Medicine coverage for Bishop Moore Catholic High School



Physical Therapy Clinics