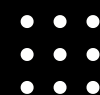


OFF-SEASON PREP CAMP



DOMINATE YOUR SEASON IN 12 WEEKS!

12/2/25 - 2/26/26

TUES & THURS 4:30PM- 6:00PM
(NO CLASS 12/25/25 & 1/1/26)

FLASH FIELDS, 6831 SENECA ST, ELMA, NY

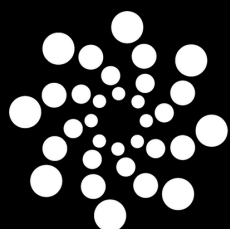
DON'T STRESS OVER TRYOUTS! STAND OUT FROM THE PACK AND INCREASE YOUR STRENGTH, SPEED, POWER AND AGILITY ALL WHILE IMPROVING YOUR CONFIDENCE. WE'LL ALSO KEEP YOU IN THE GAME BY FOCUSING ON INJURY PREVENTION!

PROGRAM HIGHLIGHTS

- EXPERT COACHING IN SMALL GROUP/PERSONALIZED SETTING
- SPORT SPECIFIC DRILLS IN PREPARATIONS FOR TRYOUTS
- OPEN TO MIDDLE SCHOOL, HIGH SCHOOL & COLLEGIATE ATHLETES
- PRE & POST TESTING TO TRACK RESULTS



Sign up here today!



Excelsior
Orthopaedics
Sports Performance

**HSA & FSA
ACCEPTED!**