Text us to schedule! 716-383-2645



F.A.S.T. SUMMER PERFORMANCE CAMP

>> AT FLASH FIELDS <<







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OUR FLAGSHIP SUMMER PROGRAM

Join us this summer for our 3nd annual Functional Athletic Sports Training (FAST) Summer Performance Camp! All options include pre and post-program testing.

COLLEGIATE DATES & INFO:

- June 23-Aug 15, M/W/F
- 3:30pm-5:00pm

MIDDLE SCHOOL/HIGH SCHOOL DATES & INFO:

- June 23-Aug 15, M/W/F
- 10:30am-12:00pm <u>or</u> 2:00pm-3:30pm

PRE & POST CAMP TESTING:

- Pre-program testing must be scheduled during the week of June 16-20
- Post-program testing must be scheduled during the week of August 18-22

24 SESSIONS

16 SESSIONS

8 SESSIONS



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