

# MAKE SUMMER STRONG

## SPORTS PERFORMANCE ENHANCEMENT CAMP

**SUPERME**  
PERFORMANCE

### Summer Camp Program Benefits:

- Increase speed and agility
- Increase mobility and flexibility
- Increase strength and power production
- Improve posture and joint support
- Improve mood and confidence
- Increase physical appearance
- Enhance values of preparation, responsibility, self-discipline, and motivation
- Build self-esteem
- Provide quality training in the physical, cognitive, and social domains
- Give an edge against their competition and reduce risk of injuries
- Help promote performance training, strength and conditioning in NYC



**July 6<sup>th</sup> - 30<sup>th</sup>**



Sections A: 10<sup>AM</sup> - 12<sup>PM</sup>

Sections B: 10<sup>AM</sup> - 12<sup>PM</sup>

Sections C: 5<sup>PM</sup> - 7<sup>PM</sup> (Held at St. Francis College)

\*Mon-Thurs



**August 3<sup>rd</sup> - 27<sup>th</sup>**



Sections A: 10<sup>AM</sup> - 12<sup>PM</sup>

Sections B: 10<sup>AM</sup> - 12<sup>PM</sup>

Sections C: 5<sup>PM</sup> - 7<sup>PM</sup> (Held at St. Francis College)

\*Mon-Thurs

LOCATIONS:  a better world  
united nations international school

United Nations  
International School

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St. Francis College

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