

SUMMER SPORTS FUN CAMP

REGISTRATION OPEN NOW
AGES 5-12/ CAMP SHIRT INCL.

\$188 / WEEK

FULL DAY 8:00 AM - 6:00 PM

BRING LUNCH/ SNACKS



1007 Sunshine Lane Altamonte Springs FL 32714

SPORTS

Baseball & Softball

- **Hitting** (Bat Speed, Hand Eye Coordination, Hitting with Power)
- **Throwing** (Arm Strengthening, Proper Arm Mechanics, Infield/Outfield, Pitching & Catching, Throwing Techniques)
- **Fielding** (Footwork, Soft hands, Picks, Glove to Hand Transfers)

NFL Flag Football - Catching, Throwing, Formations, Routes and Defensive skills. Both Boys and Girls can participate, have fun and Scrimmages

- **Basketball** Offensive Fundamentals, Ball Handling, Footwork, Rebounding, Defensive Drills
- **Soccer** Passing, Shooting, Dribbling, Beginners welcome
- **Golf** putting, correct swinging mechanics, simulator, etc
- **Dance** Learn fun choreographed dances seen on popular social media platforms, basic

Specialty Coaches will provide skills training in the specific sport



AFTER LUNCH
EACH WEEK THERE
ARE DIFFERENT ACTIVITIES

Multi-Sport training helps
Develop a well-rounded athlete

**FIELD TRIPS
ARE EXTRA!**

THEMES COMING SOON

There will
Be field trips
Ea. month...Prior
Parent permission
will be obtained,
add'l cost

Please register @ www.SportsplexFL.com
OR call 407-702-5118

2027