



2022 SUMMER TRAINING CAMPS!

June 6th – August 12th

- 1st 5-Weeks (June 6th - July 8th): \$175 Unlimited Camp Sessions**
- 2nd 6-Weeks (July 11th – Aug 19th): \$200 Unlimited Camp Sessions**
- FULL 10-Weeks (June 6th – Aug 19th): \$350 Unlimited Camp Sessions**

Can also purchase individual camp passes that families can share:

Drop-In \$16 3 Sessions \$45 10 Sessions \$130 20 Sessions \$240

Camp sessions will be coached by Coach Arin Pruitt, Coach Mack Mikulski, Coach Mike Soster, Coach Holly Corwon, and Coach Nico Ramicone

Private Training with any one of these coaches is available upon request

Barbell Strength Training Camp (Age 14+ High School and College)

Monday and Thursday @ 3:00 PM (55 Min)

This could be the most valuable training component of your athlete's career. We are able to deliver high-level training in a class format for those looking to gain solid weight, gain pure muscle, and take their game to the next level. Expect your athlete to primarily use a barbell, with set progressions in place to guarantee personal progression. We will also have proper use of dumbbells, resistance bands, cable machines, prowler push-sleds, and much more. Get ready for your athlete to be the absolute strongest they have ever been in their life!

MVP Strength & Conditioning Camp (Ages 12-17)

Monday, Wednesday, and Friday @ 12:00 Noon (55 Min)

Dedicated primarily towards the overall athleticism and strength of an athlete, specific to the typical kid in that age range, targeting all aspects of training to include strength, power, plyometrics, speed, agility, and conditioning. Athletes in this class must be able to pay attention, be dedicated to their own sports performance results, show up on time, and give their best effort. We will modify as needed for those that are new or need assistance with our program. This is your go-to class for anyone attempting to participate in high school athletics at a more competitive level.

MVP Speed, Agility, Quickness Camp (Ages 12-17)

Tuesday and Thursday @ 12:00 Noon (45 Min)

Focused on fast-twitch muscle fibers through speed, agility, quickness, plyometrics, and reaction of an athlete. To reach the highest level of athleticism, this class is meant to supplement the strength training performed on other days to come together and provide the athlete with everything necessary to make a real difference on the court/field. Expect to see ladders, cone drills, hurdle drills, reaction sequences, resistance superbands, and prowler sleds.

www.FunctionsofLife.com
(216) 785-5433

Athletic Strength, Speed, and Conditioning Camp (Ages 8-13)

Monday, Wednesday, and Friday @ 11:00 AM (45 Min)

This class a slight step-down from MVP in that we will be backing off of the more complex training due to physical maturity; however that does not mean that this is not a strength building camp. We will focus just as much on strength training through other modes of age-appropriate exercises such as dumbbells, prowler sleds, slam balls, TRX, band resistance training, plyometrics, and more. Your athlete WILL get bigger, faster, and stronger in this session. We will make sure we practice proper warm-ups, flexibility training, nutritional guidance, how to have a winning attitude, and building athletes that are NOT afraid of hard work. Keep in mind, we overlap the ages because we know not all 12 and 13 year old mature the same.

GIRLS ONLY - Athletic Strength & Conditioning Camp (Ages 8-13) – GIRLS ONLY

Tuesday @ 11:00 AM (55 Min)

This class is more of a hybrid between MVP and Athletic Strength because of our desire to broaden the age range of this class. We really believe in weight training programs for female athletes due to their extremely high risk of joint injury, improper social beliefs on nutrition/exercise, and also the need for females to break out of their shell into the training world and show their true strength! Girls are of course welcome in all other classes as well. We would say it is probably most similar to MVP, but Coach Holly will throw everything at them! Have your daughter grab a friend and sign up together!

American Ninja Warrior Training Camp (Ages 6-12)

Monday and Wednesday @ 9:00 AM and 6:00 PM (55 Min)

Get ready to take on the Sky Rings, Jagged Jigsaw, Vertical Peg Board, Monkey Bar Mountain, Swinging Rope Climb, Catapult Jumps, Tractor Tire Obstacle Course, Sled Pushes, Quintuple Steps, and More! Coach Mike expects a disciplined attitude upon every visit as this class raises the bar for our young ones and teaches them the power of overcoming mental barriers and perceived physical limitation. They will get various forms of physical homework, which is absolutely perfect for keeping them off the couch in the summer. They will also earn Ninja Bucks, our way of promoting positive reinforcement and a very motivating methods of getting those kids to work extremely hard!

Little Ninjas Obstacle Training Camp (Ages 4-7)

Tuesday and Friday @ 11:00 AM (55 Min)

We will teach our little ninjas everything there is to know about becoming a real ninja warrior at Functions of Life. Obstacles are designed for this age to be slightly assisted by parents, however you would be surprised at how much they can accomplish! Our ninja warriors will be naturally motivated by Coach Mike's military discipline and of course NINJA BUCKS as a sweet reward for hard work, following directions, doing their homework, and simply having fun! Please call or email if you have questions about this class. We use our older kids as leaders.

We will be very strict on ages this year so make sure your son or daughter is enrolled in the right class for their age or speak directly to Coach Mike if you have an athlete on the cusp of different age categories. All sessions can be purchased as a package of classes through our website. We want to be accommodating to families during the summer months to enable our athletes to come whenever they can.

Adult classes will sometimes be held at the same time as listed on the current class schedule

Purchase All Sessions Online* *Families can share class pass sessions only, not unlimited

Sessions could be added or removed based on amount of sign-ups

Thank you all for continuously supporting Functions of Life-Fitness and Performance!

If you have any questions regarding our amazing programs, please feel free to contact us!

Coach Mike Soster, NASM-PES, M.S.

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