

CUSTOMIZED CAMPS AND CLINICS



GET THE CAMP OR CLINIC YOU WANT, WHERE YOU WANT IT, AND WHEN YOU WANT IT.....

TEAM HR offers camps (2-5 days) and clinics (1-2 days) with one or all of the TEAM HR coaching staff. Camps and clinics can be scheduled in your hometown, a travel destination, or at one of the TEAM HR coaches training areas. TEAM HR will work with YOU to develop a customized program that fits the needs and desires of you or your team/club.



Camps/Clinics can include.

1. Video analysis of each athlete
2. Great coach to athlete ratio
3. **Fully support** workouts
4. Custom Training Session
5. Seminars on topic YOU want covered.
6. Lactate Testing for each athlete
7. Biomachanical assessments for each athlete

To contact a Team HR Coach about a camp or clinic and to get pricing:

519 938-1351 or rpady@healthyresults.ca

