

FASST Camp (flexibility, agility, speed, strength and technique)



Do you need to get faster, stronger and increase your range of motion? Do you need to prepare for you next season and avoid injuries? Do you want to be physically fit? If you answered yes to any of these questions, please join us for Cherokee Trail's *F.A.S.S.T. Summer Camp.*

Where:	When:	Cost:	Who:	Why:
Cherokee Trail High School Location TBA	June 12- July 31 7:30-8:30 a.m. Tuesday & Thursday mornings	\$150.00 Covers the entire summer	Ages: 10 + Community members and district employees are welcome	Prepare for season Flexibility Agility Speed Strength Technique

Individuals will be assessed with the Functional Movement Screening process to determine accurate reference points in their technique/ form. Proper form and technique enhances training, athleticism and individual health. Join us for a full body workout.

[Click to register: https://www.milehighsportsamps.com/ct-summer-fitness-camp](https://www.milehighsportsamps.com/ct-summer-fitness-camp)

<u>Sample workout time frame/session:</u>	<u>Materials needed:</u>
5 mins: Stretch 5 mins: Warm-up movement 15 mins: Calisthenics & Agility 20 mins: Circuit (all muscular systems are targeted) 15 mins: Yoga (strength, balance, Vinyasa and meditation inclusive)	<ul style="list-style-type: none"> ● Old towel ● Water bottle ● Yoga mat (we have a few if you are in need of one)

Contact info: Rochelle Garcia -- Work: 720 886-2030 -- Cell 720 724-0914
Email: rgarciaellis@cherrycreekschools.org

