



2026 Middle School Speed, Coordination, and Movement Summer Camp

Dates: Monday, July 6th – Thursday, July 30th

Days: Mondays, Tuesdays, and Thursdays

Time: 10:30am – 12pm

Where: Los Alamitos High School Weight Room

Ages: 5th – 8th Grade

Cost: \$449

How to Register:

Go to: www.laef4kids.org/clinicscamps

Find your session(s), create a profile/log-in and sign up!

What you will need to bring:

- **Water**
- **Athletic Shoes**

Other Camp Info:

- This summer camp is designed for middle school athletes who want to continue building speed, coordination, and overall movement skill in a structured, progressive training environment.
- The goal is simple: develop athletes who move better, accelerate faster, and feel more confident in their body across all sports.
- Sessions focus on high-quality movement coaching—not just workouts—so athletes learn how to sprint, cut, and control their body efficiently at game speed.
- What athletes will train:
 - Sprint mechanics (acceleration + top-end speed)
 - Agility and change of direction efficiency
 - Coordination, rhythm, and balance
 - Movement control under speed
 - Deceleration and re-acceleration skills
 - Athletic movement patterns for sport transfer

Contact: Blake Hyepock – bhyepock@losal.org

Follow us on social media - Instagram: [@losal_athletics](https://www.instagram.com/losal_athletics)

For registration questions [E-mail info@laef4kids.org](mailto:info@laef4kids.org) or call 562-700-4700 x80424

