



## **2026 Lift Lab – Strength Development Summer Camp**

**Dates:** Monday, July 6th – Thursday, July 30<sup>th</sup>

**Days:** Tuesdays, and Thursdays

**Time:** 3:30pm – 4:30pm

**Where:** Los Alamitos High School Weight Room

**Ages:** 6<sup>th</sup> – 12<sup>th</sup> Grade

**Cost:** \$249

**How to Register:**

**Go to:** [www.laef4kids.org/clinicscamps](http://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:**

- **Lift Lab** is a structured strength training program designed for middle school and high school athletes who want to build a stronger, more powerful, and more durable athletic base.
- This is not general fitness—this is coached strength training built specifically for athletic performance, focusing on proper lifting mechanics, movement quality, and long-term physical development that carries directly over to sport.
- Athletes will learn how to train in the weight room with intent, progress safely, and build real strength that enhances speed, power, and resilience.
- What athletes will train:
  - Fundamental and advanced lifting technique
  - Full-body strength development
  - Explosive power production
  - Core stability and injury prevention
  - Movement quality under load
  - Athletic strength progression systems

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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