

Elite High School Speed & Performance Summer Camp



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

Days: Mondays, Tuesdays, and Thursdays

Time: 7:30am – 9am

Where: Los Alamitos High School Weight Room

Ages: 9th – 12th Grade

Cost: \$499

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 is a high-performance training camp designed for serious high school athletes who want to develop true speed, power, and athletic dominance.
- The focus is on building **elite-level speed mechanics, explosiveness, and movement efficiency** that directly transfer to sport performance. Every session is structured like a performance environment—not general fitness—where athletes are pushed to move faster, cleaner, and more powerfully.
- This is for athletes who want to separate themselves from the competition.
- What athletes will train:
 - Elite sprint mechanics (acceleration + max velocity)
 - Explosive power development and force production
 - Advanced change of direction and
 - Linear and multidirectional speed training
 - Movement efficiency under high intensity Performance-based conditioning (sport transfer focus)

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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

