

2026 Youth Development Summer Camp

Dates: Monday, June 8th – Thursday, June 25th

Days: Mondays, Tuesdays, and Thursdays

Time: 10:30am – 12pm

Where: Los Alamitos High School Weight Room

Ages: 5th – 8th Grade

Cost: \$349

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 camp is designed specifically for middle school athletes (5th–8th grade) who want to build a strong athletic foundation during their most important development window.
- The focus is simple: **move better, move faster, and become more coordinated athletes across any sport.**
- Each session blends structured speed work with coordination and movement skill training to help athletes develop real, transferable athletic ability—not just conditioning.
- What athletes will train:
 - Sprint mechanics (acceleration + top-end speed)
 - Change of direction and agility
 - Coordination, balance, and body control
 - Movement efficiency under speed
 - Athletic awareness and rhythm

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

