



JUNE 11 – JULY 25TH (NO CAMP WEEK OF JULY 4TH) SPEED, AGILITY, & INJURY PREVENTION CAMP

5th-9th grade Athletes at Ralph Engelstad Arena

Camp will focus on improving athletic speed, agility, as well as preventing the most common adolescent injuries, specifically those related to the knee. Camp will include running mechanics using the high speed treadmill with Tim Bergland as well as training with Kim Rosendahl PT to improve speed and agility. Included will be activities to decrease risk of injury while improving performance in sports power. There will be pre and post testing to show improvement in skills.

**Tuesday &
Thursday
afternoons
(approx. 1 hour)**

**Cost \$ 150
(12 sessions)**

**Please call (684-
4717) or e-mail
Kim**

kimrosendahl@rehabauthority.com

**to register ASAP
as space is limited**

**Hosted by Kim
Rosendahl PT and
Tim Bergland**

REHABAUTHORITY
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