

# Supreme Sports



## After School – Sports Clubs

*“ It’s Bigger than Sports ”*



**- The Afterschool Experience -**

## After School - Instruction

### Sprint - Skills Training

In youth track and field, starting blocks are used by sprinters in events like the 60m, 100m, 200m, and 400m to gain a powerful and explosive start by providing a stable base to push off from. Campers will be taught the proper way to use the starting blocks



- *Sprints* -

## After School - Instruction

### Relay - Skills Training

In youth track and field, common relay race events include the 4x100 meters (sprint relay) and the 4x400 meters, where teams of four athletes run different legs and pass a baton to each other. Campers will learn the fundamentals of lane changing, proper handoff, and teamwork.



- *Relays* -



## After School - Instruction

### Conditioning - Skills Training

Adding conditioning drills for kids into their weekly sports practices can help them improve their speed, strength, reaction time, coordination, and confidence. The combination of all of the above will introduce during the camp.



**- Distant Running -**



## After School - Instruction

### Field Events - Skills Training

Organize a training session for an entire track and field team. Introduce new concepts to beginners. Or help intermediate competitors boost their performance and break their personal records. Simple, fun workout ideas to teach the fundamental skills of long jumping, Disc, and high jump will be introduced at camp.



**- Field Events -**



*Campers receive (2) sets of practice gear to wear at camp. Travel bags with logo will also be issued to all campers. Campers must be in full camp gear while on the camp site. Campers are responsible for their practice cleats preferably black. Campers will also be provide with water bottles and camp bags to bring the gear to camp.*



**- Campers' Gear -**



*As part of the track program, students will take part in our mentoring & leadership classes. The goal is to prepare our student athletes how to work together, as a team on and off the field.*



***-Mentorship & Leadership -***



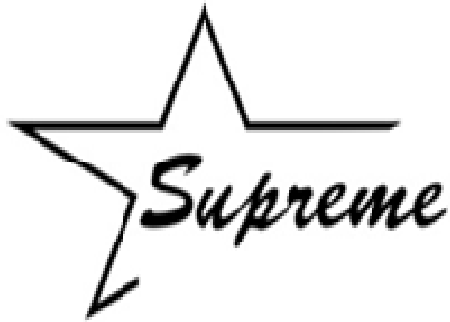
**Monday – Friday**

**Academy Hours**

**TBA**



**- Program Hours -**



## ***Items needed for registration***

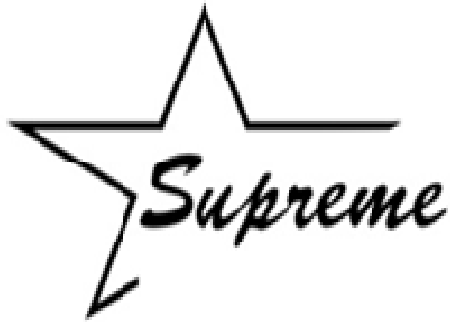
***Parent's ID / Update picture of your child***  
***Any medical restrictions, we need to know about***  
***Practice Gear Sizes - (Shirts & Shorts)***  
***Class schedules for tutoring***

## ***Academy Hours***

***Monday – Friday***  
***TBA***

***Holiday & School Break Weekly Camps***  
***are included in the weekly tuition cost.***

***- Registration Information -***



## ***Weekly Tuition - TBA***

***Academy tuition cover the cost for the entire week academy experience, which includes the sports training experience, and Team concepts***

***Camp deposit TBA is required at time of registration. The deposit cover the 1<sup>st</sup> week's tuition, t-shirts & shorts, travel bag, water bottle, and administration fees.***

***TBA weekly tuition discount for multiple family members are available at the time of registration.***

***No weekly refunds after academy week starts!***

***Payment methods accepted;***

***Zelle, PayPal, Money Order, Checks, or Cash***

***No Cash App payments will be accepted.***

***Holiday & School Break Camp included in tuition***

***- Registration Information -***



***Come be apart of the best Sport  
Academy Program in nation!***

***A place where students get better!***



***- Welcome Information -***