

Camp Details

- **Please show up 25 Minutes early first day of camp for check-in.**
- **Please refer to 2019 Cspat Camp Tab @ cspattraining.com for all camp Info.**
- The camp will be run similar to a Division 1A College Summer Conditioning Program.
- **The first day of camp (Only) athletes will be tested on 40- yard dash, short shuttle/ pro agility, broad jump.**
- **Testing will also be done July 18th (Only)(at the end of 5 weeks ***NO CAMP JULY 4TH****
- Athletes will be split into groups of 20-23 by age.
- There will be a certified nurse or trainer on site if injury occurs.
- Athletes need to wear athletic clothing, bring cleats and plenty of water.
- **Please have athlete(s) eat a solid meal no later than an hour before training session.** (no eating or eating too close to training will affect their ability to perform)
What To eat is very important!!!!
 1. Protein (eggs, meats ect.)
 2. Carbs (toast, Fruit ect.)
 3. Water, OJ, or Gatorade
- **Have Athlete(s) Hydrate throughout the day not right before or during training.**
- Check Calendar on cspattraining.com bring yoga mat or beach towel on **Strength and Power Days only.**
- **Athletes must check-in at table everyday, so please show up 10 minutes early after the first day. *Sessions will start on time stated on flyer.**
- **Please allow 15 minute leeway for after camp each day so we can finish all of our program for the day.**
- **Morning Sessions:** Will be held at the Adult softball ball field at Laguna Hills Community Center & Sports Complex.
- **Evening Sessions:** Cabot Park. This park does not show up on Maps directions so please refer to <https://cspattraining.com/2019-cspat-camp/camp-locations/> for directions.
- Please check weekly email for camp info.
- Cspat Merchandise will be for sale at camp.

All camp fees are Non Refundable

