

Green Canyon Summer 7th & 8th Grade IHC Sports Performance Training Camp

Where: Green Canyon High School (meet by the weight room)

Cost: \$50 per athlete

Dates: June 7th - July 22nd

Times:

Monday and Wednesday

12:00-1:00 7th & 8th grade Boys

1:00-2:00 7th & 8th grade Girls

Tuesday and Thursday (only open if waiting list fills up)

12:00-1:00 7th & 8th grade Girls

1:00-2:00 7th & 8th grade Boys

Our summer youth classes are strength based with an emphasis on injury prevention, speed, endurance, agility, and mobility. The purpose of this class is to introduce your athlete to proper training techniques and enhance your athlete's athletic performance by focusing on correct form and movement patterns, increasing strength through body weight and weight room exercises, and injury preventions with extra attention on core and joint stabilization.

Register at northloganrec.org

Trainer Bio:



Corey Monson

Corey has been working as an Exercise Physiologist for 14 years at Intermountain Logan Regional Sports Medicine and Intermountain Sports Performance Training. He spent 5 years helping lead a strength and conditioning program at Sky View High School. Since the opening of Green Canyon High, Corey has been actively leading a strength and conditioning program where he can be found working closely with sports teams and individuals, finding out their goals, and implementing those goals into a successful training program. He, along with his wife Brandy and three kids, Charly, Sawyer and Fisher enjoy being outdoors, active and spending time at Bear Lake.