



SCHUSTER PHYSICAL THERAPY SPORTS PERFORMANCE CAMPS

MAKE THE MOST OF YOUR SUMMER – AND YOUR ABILITIES

Schuster Physical Therapy has teamed up with Sam Heavey, MS, CSCS of Appalachian State University Department of Health and Exercise Science to provide an awesome opportunity for students this summer! These camps will focus on athletic mechanics and will be loaded with training designed specifically for athletes to improve speed, agility, acceleration and strength. Each week will build upon the next to allow athletes to see the greatest gains this summer. Students can take advantage of the entire two session program or join us week by week to fit their schedules.

SESSION 1 - JUNE 3-20 MWTh

SESSION 2 - JULY 8-25 MWTh

Ages 8-12 5:30-6:45pm

Ages 8-12 5:30-6:45pm

Ages 13-18+ 7:00-8:30pm

Ages 13-18+ 7:00-8:30pm

COST: \$125/session or \$50/week

**Camps will be held on MONDAYS, WEDNESDAYS AND THURSDAYS
at SCHUSTER PHYSICAL THERAPY, 419 East Main Street, Jefferson, NC**

For more information: Greg Schuster at schusterpt@gmail.com or 336-846-7227



SPOTS ARE LIMITED, REGISTER TODAY!



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Please detach and mail with payment to: SCHUSTER PHYSICAL THERAPY, PO Box 742, Jefferson, NC 28640

Select: SESSION 1 (June 3-20) (\$125) SESSION 2 (July 8-25) (\$125)

INDIVIDUAL WEEKS (\$50/week)

June 3-6

July 8-11

June 10-13

July 15-18

June 17-20

July 22-25

NAME: _____ AGE: _____ GENDER: M / F T-SHIRT SIZE: _____

MAILING ADDRESS: _____

EMAIL: _____ PHONE: _____

PARENT/GUARDIAN NAME: _____ EMAIL: _____