

ARMY WEST POINT™

TRACK & FIELD

ARMY WEST POINT SPEED & AGILITY CAMP

July 26-July 29, 2020

Description: The West Point Speed and Agility camp provides general and specific coaching sessions focused on the instruction of safe and effective techniques to enhance athletic performance for all athletes for their particular sport. Our staff will instruct, teach and demonstrate drills used to improve linear speed, acceleration and deceleration, quickness, multi-directional speed, and change of direction skills used on the playing field.

- Great Staff, Counselors
- Outstanding Campus Facilities
- Team Building Exercises
- Sports Nutrition Lecture
- Strength Training Instruction
- Fun Camp Activities