



Excelsior
Orthopaedics
Sports Performance

FAST SUMMER PERFORMANCE CAMP

» AT FLASH FIELDS «



EARLY BIRD SPECIAL
ENDS 5/31/2023

OUR FLAGSHIP SUMMER PROGRAM

Join us this summer for our Functional Athletic Sports Training (FAST) Summer Performance Camp. Our team of sports performance coaches, athletic trainers, and registered dietitians will lead groups through both physical activities and lecture; all geared toward making the upcoming sports season your best ever!

Testing will be conducted at the beginning, middle, and end of the camp to document athletic improvements throughout the program.

Camp participants may choose amongst the full 32 sessions, a 24-session program, or a 16-session program, as we know summer can be a busy time for family travel and other activities. Pick the program that works best for you, and know that you will be challenged to improve each session!

32 SESSIONS

~~**\$450**~~ **\$399**

24 SESSIONS

~~**\$350**~~ **\$299**

16 SESSIONS

~~**\$250**~~ **\$199**

