

How To Prepare

For a Successful Sport Conditioning Camp

To be successful in this camp it is important to listen to your coaches. The drills you will be performing will be strenuous at times but beneficial to your overall physical condition. Here are some important facts about preparation.

- 1) The night before your session, it is important to hydrate your body for the physical workouts that you will be performing. Drink 32 oz of water the night before and avoid caffeinated beverages.
- 2) Get plenty of sleep so that your body is well rested. It is advised at least 8 hours.
- 3) Before going to bed stretch your muscles for at least 15 minutes.
- 4) Try and eat a healthy dinner consisting of carbohydrates and protein the night before avoid eating or drinking sugar products and junk food.
- 5) Get serious and focused about this camp, so that you will achieve the benefits of an increase in athletic performance, try to arrive 10 minutes before camp starts so that you are ready to participate on time.
- 6) Come prepared to camp by bringing with you cleats, running shoes, water and Propel. No Gatorade!
- 7) At least an hour before the start of camp have something healthy to eat. Making sure not to over eat or eat junk food! (I.E. ½ Banana & Orange juice, light fruit, peanut butter and apples... etc)

Thank you for your cooperation,

Michael K. Butler, B.A.; P.T.A.; CSCS*D; PES; NMT
Owner/Director of Kinetix Sports Performance