

College of Saint Mary Speed and Strength Camp

Emphasizing technique and foundational abilities our program is focused on building the groundwork for youth athletes seeking to improve technique, movement control, and strength.

Constructed under Long-Term Athletic Development (LTAD) model, incorporation of age specific basic skills and fundamental abilities are the focus of this program.



Athletes will be challenged on:

- Basic Body Mechanics
- Running Technique
- Linear and Lateral Movement
- Top End Speed
- Upper and Lower Body Strength

This program is open to female athletes' grades 3rd-6th.

Cost \$150 per athlete

Contact & Registration



402-212-7108



7000 Mercy Road Omaha, NE 68106



mtangeman@csm.edu

**Angie Nott & Marc Tangeman CSCS,
M.S.**

Over 25+ years of combined coaching experience.
working with athletes from youth to
professional.

Youth Speed & Strength Camp



**Tuesday & Thursday
5:30pm-6:30pm**

June 7th – July 21st

One week break July 3rd-9th

