

Human Performance Athletic Conditioning



Summer Athletic Conditioning Camp

Conditioning for athletes that want to become elite athletes!

The Program: Athletes will go through a series of cutting edge exercises that will safely, enhance their: strength, endurance, flexibility, and ability to prevent injuries. Plus, each player will receive a home exercise program that is based upon a functional analysis, posture analysis, and gait (running) analysis. This is the smartest and toughest program the athlete will ever go through. This program has built many high school, college and pro-athletes. This program is focused on optimizing an athlete's genetic: biomechanics, strength, balance, endurance, agility, and speed. This is the most advanced program available today. It'll prepare the athlete for the pros. Go to the website (see athletics links under services) for more information. Call for a free presentation to your staff and/or parents.

When: Starting June 16 and ending on July 18th. Monday-Friday. No weekends. Session 1: 9 am-10:30 am. Session 2: 4-5:30. Private: training and camps available too.

Where: Meet at 2225 Brown Street Suite 106 Napa. **Cost:** \$700 (payment plans available)

Age: Groups:

Level 1: 9-13

Level 2: 14 and up

Note: You'll be required to sign a waiver and health history form.

Who: All athletes from any sport.

Testimonials



"Matt Kathol's training and nutrition regimen fully prepared me for Division 1 college soccer. His methods impacted/reached me on both a personal and professional level. I'll continue to use Matt every summer when I'm home from college."

Rachel Pickett

Fresno State University Division 1 Soccer

"I've been training with Matt for 5 years. He's improved my speed, strength, and ability to jump. Every athlete should train with Matt.

Kelsey Scanlon

Emerson University Division 3 Volleyball

"I've made great strides in strength, speed, and flexibility with Matt. He's also really helped mitigate and prevent my injuries. He's the #1 strength coach in Napa. He made my transition to college sports very easy.

Dan Pardini

University of Oregon Division 1 Baseball

"These are the toughest workouts that I've ever done. Matt completely changed my exercise and nutrition program. I packed on 30 lbs of muscle in 6 months, and was able to stay at 10% body-fat. This is an ideal training program for high school and college athletes."

Justin Clayton

Washington State University Division 1 Football