



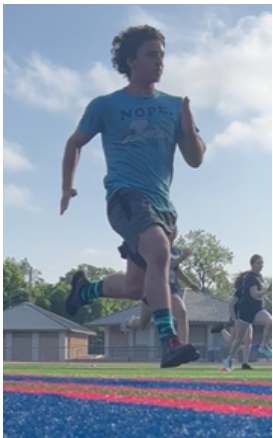
@ParkwaySouthPAP



@parkwaysouthpap

## ABOUT US

A summer camp designed and led by Coach Kyle Whitcher (Certified Strength and Conditioning Specialist (NSCA) and Level 1 Sports Performance Coach (USAW)) designed to reduce the risk of injuries in sport, increase athletic performance, and team building. Each session will focus on character development, movement enhancement (acceleration, speed, lateral), strength training, flexibility, and core training.



### WHEN

**Training Dates**  
June 10- July 31  
Tuesday, Wednesday, &  
Thursday  
(July 1,2,3 No Camp)

#### Times

Session 1: 7:30am-9:00am  
Session 2: 8:30am-10:00am  
Session 3: 9:30am-11:00am  
Session 4: 10:30am-12:00pm  
Session 5(MS): 11:30am-12:30pm  
Session 6(MS): 12:00pm-1:00pm

(\*MS- Middle School Session for 25-26 7th & 8th graders)

**\*\*Camp will not take place on July 1, 2, and 3 (dead week for vacations). June 19th-we'll lift June 16th or 20th instead that week**



### COST

**High School:**

- Before March 31, 2025- \$175
- After April 1, 2025- \$200

**Middle School:**

- Before March 31, 2025- \$125
- After April 1, 2025- \$150

Both plans include a T-shirt

\*Please email Coach Houchins for scholarships



### WHO

7th-12th Grade (2025-2026 school year) athletes that will be attending Parkway South



### WHERE

Parkway South High Campus



### Performance Improvement

Participants saw an 18% (50% attendance) to 53% (90% attendance) in max weight increases on our core lifts and were 3+ times less likely to have a soft tissue injury



### Reduce Injury

Athletes who participated in PAP in the fall season of sports only saw a 3% injury rate of soft tissue injuries like muscle/tendon strains, sprains, torn ligaments, and torn tendons. Athletes who did NOT participate in PAP saw a 10% injury rate of soft tissue injuries