



Excelsior
Orthopaedics
Sports Performance

FAST SUMMER PERFORMANCE CAMP

» AT LACKAWANNA HIGH SCHOOL «



OUR FLAGSHIP SUMMER PROGRAM

Join us this summer for our Functional Athletic Sports Training [FAST] Summer Performance Camp. Our team of sports performance coaches and athletic trainers will lead athletes through strength, speed, agility drills 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.

June 26-August 18, 2023, Monday, Wednesday, Friday
Middle School- Grades 6, 7, 8- 10:30am-11:30am
High School- Grade 9, 10, 11, 12- 12:15pm-1:45pm

Scan to sign up

