



Summer 2023  
UCS Community Education



# Ike Speed and Strength Camp

Take advantage of this unique fitness opportunity in our developmental camp. Students will receive:

- All Athletes Welcome
- Intense Training Sessions
- Agility and Speed Training
- Specific Strength Training

**CAMP #:** 6425-S23A

**GRADES:** 6-12 (Fall 2023)

**DATES:** June 12 - July 28 (Mon/Wed/Fri)  
No camp July 3 -7 or July 26

**TIMES:** Weightlifting 7:00 - 11:00 am  
Speed Training 9:00 am

\* Students will only attend for 1.5 hours each day.  
Time by grade is given first day of camp- 7:00 am.

**LOCATION:** Eisenhower High School

**COACH:** Chris Smith

**COST:** \$155

Register online or by phone

[ucscommunityeducation.ce.eleyo.com](https://ucscommunityeducation.ce.eleyo.com)

586-797-6900

No refunds. No registrations taken on site.