

SUMMER CAMPS!

90 days for \$90 – High School or College Prep Camp (add select camps* for \$40)
Special PRE-Sale offer thru April 30 only

High School or College Prep Camp

HS Prep: Tues/Thurs.
College Prep: Mon/Wed.
12:30 - 2 p.m. or
7:00 - 8:30 p.m.

YES!

YOUTH FITNESS + SPORTS PERFORMANCE

Proud Partner of Lee's Summit
Schools!

Speed & Track Camps

with Jamel Sims

June 8th – 12th : 1:00-4:00 p.m.

July 6th – 10th : 11:00-2:00 p.m.

August "Dead Week" : 8-10 a.m.

One Week: \$125/Two Weeks: \$200

FOOTBALL COMBINE

With Jamel Sims

June 15th – 19th : 1:00 – 4:00 p.m.

July 13th – 17th : 11:00 – 2:00 p.m.

One Week: \$125/Two Weeks \$200

Jamel played Football and ran track in High School and College. He is currently a stand-out player for an arena football team in the greater Kansas City area.

Special Crusaders Camp

with Stephanie Parrish
TBD

4G Camp* (for girls only) with Nadiah Aldewick

June 8 – 12th : 10:00 a.m. – 11:00 a.m.

MORE than just another fitness camp. It's time to share dreams, struggles and gain a healthy perspective on self image and building inner confidence.

4G will cover four areas: heart, mind, body and soul.

Weightlifting Camp*

With Brandon Ezzell and Zach Schluender

June 1st – 5th : 11:00 – 1:00

BRANDON EZZELL

Resident athlete, Olympic Training Center
Former Community Olympic Development Program Coach
USA Weightlifting Level III Coach, USAW National Junior Champion
MS, Kinesiology & Wellness, Certified Coach for 19 years
Former Trainer for the Chicago Bulls

ZACH SCHLUENDER

Two Time World Team Member, 2007 & 2011
American Open Weightlifting Championship Gold Medalist, 2009
Olympic Weightlifting Team finalist
Collegiate Weightlifting Athlete of the Year
MS, Kinesiology & Wellness

Basketball Camp*

with LaDarrius Whitehead

Friday 6:30 p.m. – 8:30 p.m. and
Saturday Noon – 2:00 p.m.

June 5th & 6th – Age 5-8

June 12th & 13th - Age 9-11

July 10th & 11th – Age 12+

LaDarrius is a Lee's Summit Graduate who played Guard for the University of Tulsa 4nd then played internationally in Serbia. He is currently the Assistant Basketball Coach for UMKC

Softball Camp*

With Megan Mohler

2:00 p.m. – 3:30 p.m.

- Arm/Shoulder Care and ACL/Knee Strengthening
- Physical & Mental Endurance

June 1-5: Pitchers Only - Injury Prevention, Form and Mechanics (age 10+)

July 6-10: Fundamentals of Softball (age 5-8)

July 27-31: Sharpening Comp Skills for Tryouts (age 9-12)

Megan is a pitcher and plays 3rd base. Though recruited to play college softball, she chose instead to continue working at YES! where she loves working with youth of all ages! She is a multiple MVP award winner and was selected as an All-State pitcher.