

SPORTS PERFORMANCE CAMPS

8-10 YEAR OLD CAMP

Tuesday & Thursday
4:30 p.m.
(beginning on June 4th)

**\$85 for Moore students/
passholders**
\$100/month

11-12 YEAR OLD CAMP

Monday, Tuesday, Thursday
5:30 p.m.-7:00 p.m.
(beginning June 3rd)

**\$125 for Moore students/
passholders**
\$150/month

13+ YEAR OLD CAMP

Monday, Wednesday, Friday
1:00 p.m.-2:30 p.m.
(Beginning June 3rd)

**\$125 for Moore students/
passholders**
\$150/month

Sports performance classes are designed to help athletes gain an edge over the competition. These classes will help athletes enhance their balance, coordination, speed, agility, flexibility, and over-all performance on and off the field of play. Sports performance classes will help those who want to be a better all-around athlete for any sport by making movements more efficient and by working on joint stability along with all other facets of athleticism. Athletes will not only perform better while playing but sports conditioning has been proven to prevent or decrease injuries and create a more well-rounded athlete.

ABOUT THE COACH

Jacob Behara has been a strength and conditioning coach for several years and comes to Moore from Kansas. He has worked in professional baseball, with the Royals and Astros, Division 1 collegiate athletes and youth sports teams. His man in goal, when working with athletes of all ages, is to develop a complete athlete that is able to compete at his or her sport optimally. Jacob graduated from OSU in 2014 with his Masters in Health & Human Performance and in 2012 received his Bachelors in Nutrition Sciences. Jacob is currently working on becoming a registered dietitian as well. He is a NSCA certified strength and conditioning coach.

Please note that days and times can be adjusted due to demand. Contact **Amanda McMurtrey** (amcmurtrey@cityofmoore.com) of **405-793-5090**

Private & Semi-Private sessions are available.

Team sessions are also available for **\$50/1 hr session.**

Special pricing available for bulk sessions.

TO REGISTER: www.cityofmoore.com/fun

For more information call Moore Parks & Recreation at (405) 793-5090



City of Moore
MOORE, OKLAHOMA