**Crossfit Southie Athlete Summer Camp**

Auguest 6th- August 17th

August-20th – August 31st

1:30- 3:30 Monday, Wednesday, Friday for two weeks

Targeting middle school through high school aged athletes (ages 12-18)

CrossFit Southie’s Athlete Summer Camp is designed to bring middle/high school athletes to the next level in overall fitness. Group breakout sessions will cover topics such as CrossFit methods, nutrition, proper mobilization, the importance of strength training, core strength, and how to properly develop specific programs geared to their sports. Our end goal is to bring athletes to the next level in their fitness and overall performance. For two weeks, athletes will meet every other day to give ample amount of rest and recovery between workouts.

Athletes will be trained by CrossFit Level 1 certified trainers and will work on a variety of skills and movements. We aim to improve multiple components of fitness including strength, conditioning, power, speed, agility, balance, endurance, flexibility, and accuracy. Extensive mobility work will be performed each day before and after class to ensure optimal performance and injury prevention. Athletes will take with them mobility/stretching techniques that can be used throughout their sports season.

Cost: $249 per athlete

**Tentative Schedule of Events**

2:30- 2:45 Warm-up

2:45- 3:30 Strength sets/WOD

3:30- 4:00 Group Instruction/Lecture/Stretch

**Tentative Schedule of Topic/Group Discussion**

Monday

Introduction to CrossFit Ideology/Methods/ Determine Goals

Wednesday

Nutrition is the Foundation

Friday

Importance of Squatting/Strength Training

Monday

Enhancement of Movement by Implementing Mobilizing/Stretching

Wednesday

Core Strength/Midline Stabilization

Friday

Summarization of Week Overall/ Discuss Programming Ideas

**Tentative Schedule of Daily Workouts/Movements**

Monday – Squat Series

**Warmup**

Squat therapy/ Hip flossing/ Drill air squats

Dynamic- Burpee wheel with high knees/butt kickers/broad jumps

**Drill**

Air squat

Front squat

Overhead Squat

**Intro WOD**

7 min AMRAP

5 Thrusters

5 Burpees

5 Box jumps

**Tabata**

Ab Mat Situps

Pullups

**Final Stretching**

World’s Greatest

Hamstring/Groin stretch with bands/pole/partner

Wednesday- Press Series

**Drill**

Press

Push Press

Push Jerk

Rope climbs \*must wear socks to participate

**Warmup**

Agility Ladder

then

Alternating tabata

Single unders

Abmat siitups

**15 min AMRAP**

5 Push press

10 Knees to chest

100 m sandbag run

**5 Rounds**

2 Rope climbs

100 single unders

**Final Stretching**

Tricep stretch with bands

Trigger point work with barbell

Friday- Endurance

**Drill**

Rowing Technique

Ring Dips

Wall Balls

**Warmup**

Partner warmup with medball

Overhead toss/Burpee slam/ Chest pass/ Torso toss/Lateral/Seated/Lunge and toss

**Strength**

Back squat

3-3-3-3-3

**5 Rounds**

250 m row

10 Ring Dips

15 Wallball shots

**End with Partner Running WOD**

Run 400 m

Run 200 m

Run 100 m

**Final Stretching**

Calf stretching/world’s greatest with boxes

Deep tissue work with baseball/softball

Monday – Kettlebell Work

KB Deadlift

Turkish Getup

Russian/Power swings

American swings

Goblet squats

Running Technique

**Warmup**

Double alternating Tabata

KB deadlift

Power swings

**7 min AMRAP**

Alternating Turkish Get-ups

**5 Rounds**

15 Goblet squats

15 KB swings

15 Hand Release Pushups

**Final Stretching**

Downward dog

Scorpion

Other yoga poses

Wednesday -Core to Extremity/Hollow Rocks

**Drill**

Hollow Rocks

Abmat situps

Thrusters

Pullups

**Warmup**

5 stations- 1 minute each (OH walking lunges w MB to each station)

MB plank hold

MB pushups

Russian twists

MB slams

Soccer touches on ball of foot

**“Fran”**

21-15-9

Thrusters

Jumping Pullups

**Partner WOD**

 4Rounds each with a partner (focus on speed)

10 Burpees

200 m Sprint

\*rest while partner works

**Final Stretching**

Hip flexor/Shoulder stretching against wall

Friday- Pull Series

**Drill**

Deadlift

SDHP

Power clean

Jack knives

Lateral Burpees

Jumping squats

**Warmup**

Resistance Bands with Partner

Bear crawls/Sprints/Walking lunges

**Strength**

Deadlift as a strength set

3-3-3-3-3

**Team WOD (2 person team)**

50 Knees to Chest/T2B

75 Power Cleans

100 Burpees

125 Box jumps

150 Airsquats

Finish with a 500 m run

**Final Stretching**

Pigeon stretch

Lunge

Goodmorning

Inchworms