

UPLIFT & EVOLVE

ATHLETIC PERFORMANCE COACHING

OCTOBER-NOVEMBER

6-Week Youth Athletic Agility & Conditioning Program



Our 6-week program uses boot-camp-style athletic training, challenging drills, conditioning, agility, speed, strength, and competition to push young athletes outside of their comfort zone.

ATHLETES WILL BE CHALLENGED TO:

Move Faster | Get Stronger | Work Harder

We want athletes to learn that missing a drill, struggling with a movement, coming up short, or not getting it right the first time isn't something to be afraid of.

We aren't looking for athletes who never struggle.

We're building athletes who know how to respond when they do.

LOCATION:

📍 1862 Tollgate Rd, Unit 3C | Palm, PA 18070

CONTACT:

☎ (267) 372-7908

✉ upliftandevolve LLC@gmail.com

COACH:

Samuel Smith-Campbell
Co-Owner & Founder

WEDNESDAY EVENINGS | 6-7 PM

October 7th, 14th, 21st, 28th

November 4th, 11th

\$20/day | \$90/session

WHAT THEY'LL DEVELOP

Speed & Agility

Acceleration, footwork, reaction, & change of direction

Strength & Power

Functional strength, explosiveness, stability & body control

Athletic Movement

Coordination, balance, & movement efficiency

Mental Toughness

Confidence, perseverance, & accountability

Every class is adapted appropriately for students' ages and abilities.

