These training sessions will give you “The Edge” over equally skilled opponents.

Training helps athletes develop skills that boost performance in every sport. Your coach gives the skills . .

The Edge gives you the advantage!

COME & GET
THE EDGE

1 INCH
1 JUMP
1 SECOND...

The difference between going to the playoffs or the end of your season.

THE UNIVERSITY OF RHODE ISLAND
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uri.edu/campusrec

RHOE ISLAND
CAMPUS REC

SPEED & CONDITIONING CAMP
SUMMER 2015
The Edge: $99 per Section

Section 1: July 13th - 24th
- Mondays & Wednesdays
- 9:00am - 11:00am

OR

Section 2: July 27th - August 7th
- Tuesdays & Thursdays
- 9:00am - 11:00am

The Edge Overtime: $49
- August 12th & 13th
- Wednesday & Thursday
- 9:00am - 11:00am

EDGE Instructors

Christina Savoie: BS in Exercise Science, ACE CPT, ACE Advanced Health and Fitness Specialist; 19 years in the fitness industry, 9 years experience training high school and collegiate athletes, as well as 15 years competing on outdoor and indoor soccer teams.

Anthony Vento: BS in Kinesiology, ACE CPT, Kettle Bell Instructor, 7 years in the fitness industry, 3 years experience training collegiate athletes, 8 years as a northeast regionally competitive cross country and track athlete.

For more information please contact:
Christina Savoie
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