



ORC Sports Performance Camps

Sports Performance Academy for Juniors

Young Athletes will learn how periodization training can help their sport performance exponentially! Each seven week session will include: fitness testing, rehabilitation and stretching for optimum healthy body performance, strength training, endurance training, power and speed training, agility, balance, coordination training, and finally, fitness testing to measure results.

The focus will be on high-performance and developing an athlete for any sport. You can sign up anywhere from once a week to four times a week.

Sports Performance Academy for Adults

If you are an avid athlete in tennis, squash, soccer, hockey, golf—pretty much any sport—you will benefit from joining the sports performance academy for adults. Now you have your chance to improve your strength and conditioning, agility, balance and coordination to become a better athlete. If you like to win and have fun playing sports, sign up for the Sports Performance Academy (SPA) for adults and see the results!

Performance Training (Private, Semi-Private, Small Group)

Sometimes more individual attention is required for fast results, new beginnings, or biomechanical changes. Your choices include: private, semi-private or small group (3-4 people) training session for one hour or half an hour.

Team Sports Performance Training

We strive to provide an environment that is dynamic, energetic, inspirational, educational, motivating and life changing, for teams as well as individuals.

Performance Summer Camps

One week sessions will run for the months of July and August every summer from 8:30 am -12 pm. The focus of the camp is to help athletes reach their full potential in sport by training: 'prehabilitation', flexibility, strength, conditioning, agility, balance, coordination and the character of a champion!

Pricing Structure

Weekly Rate for Sports Performance Camps

Members \$175

Non-members \$200

Sports Performance Academy for Juniors (7 weeks)

1 day/week \$105

2 days/week \$196

3 days/week \$271

4 days/week \$336

Sports Performance Academy for Adults (7 weeks)

1 day/week \$105

2 days/week \$196

3 days/week \$271

4 days/week \$336

**Pricing does not include applicable taxes.*