

SUMMER TRAINING ITINERARY



# ONE ON ONE KICKING

SUMMER TRAINING CAMP

POWERED BY



AT ST. VINCENT'S  
ONE NINETEEN SPORTS  
PERFORMANCE



# TRAINING ITINERARY-JULY 2021

Monday	1:00 p.m.	Upper Body - Strength
Tuesday	1:00 p.m.	Lower Body - Dynamic
Wednesday	OFF	Active Recovery
Thursday	1:00 p.m.	Upper Body - Dynamic
Friday	1:00 p.m.	Lower Body - Strength
Mon-Fri	4-6 p.m.	*Kick at Clay Chalkville

## DIRECTOR

Tom Melton

- Over 20 years of experience as a Division I Strength and Conditioning Coach – University of South Carolina, Wofford College, Colorado State University, Clemson University, Georgia Southern University
- Certified Strength Coach – NSCA, Level 1 Olympic Lifting Coach – USAW, Certified Specialist in Speed and Explosion - NASE
- Coached teams to 18 post-season NCAA appearances
- Coached 15 Strength and Conditioning All-Americans
- Worked with multiple professional (NFL, NBA, MLB) and Olympic athletes

## FIRST-CLASS FACILITIES

