

SUMMER TRAINING ITINERARY



ONE ON ONE KICKING

SUMMER TRAINING CAMP
JULY 2022

POWERED BY



AT ST. VINCENT'S
ONE NINETEEN SPORTS
PERFORMANCE

TRAINING ITINERARY-JULY 2022

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

