



TRAIN YOUR BRAIN. ELEVATE YOUR GAME.

Oct. 15th or 16th | 9-11am or 1-3pm | \$99

NEUROCOGNITIVE PERFORMANCE CAMP



GOAL

Athletes leave with a better understanding of how the brain and body work together to drive performance.

CAMP EXPERIENCE

1



DYNAMIC WARM-UP

15 MINUTES

Prepare the body and brain with movement, mobility and activation. Introduce the goals and structure of the camp.

2



NEUROCOGNITIVE & SENSORIMOTOR ASSESSMENT

30 MINUTES

Assess visual, proprioceptive, and vestibular systems to understand how they impact balance, movement, and performance.

3



MENTAL PERFORMANCE

30 MINUTES

Set meaningful goals and learn visualization techniques to improve focus, confidence, and performance.

4



MULTI-SYSTEM PERFORMANCE TRAINING

30 MINUTES

Train reaction time, decision-making, coordination, balance, and cognition through progressive challenges under fatigue.

5



GUIDED BREATHING & COOL DOWN

15 MINUTES

Reduce stress, recover the body, and reflect on key takeaways to carry into training and competition.



385-246-5971

INVEST IN YOUR PERFORMANCE.
CALL TO REGISTER TODAY!
SPOTS ARE LIMITED!