



Youth & High School Summer Performance Camps

The fully-integrated youth & high school summer programs will help improve overall athletic ability. Each class will consist of a dynamic warm up, both speed and strength training and end with mobility & recovery techniques. The goal is to achieve increased levels of movement efficiency, strength, power, and endurance while decreasing injury potential. NH Sports Performance understands that every athlete has varying needs based on their unique sport and position. Our Performance Specialists will tailor the workouts to meet each athlete's goals.

	1 Session	Weekly	4 Weeks	12 Weeks
Youth Camp (1 hour)	\$15	\$75 - \$15 per session	\$200 - \$10 per session	\$420 - \$7 per session
High School (1.5 hours)	\$20	\$100 - \$20 per session	\$300 - \$15 per session	\$600 - \$10 per session

Huntersville	Monday	Tuesday	Wednesday	Thursday	Friday
Youth	8:00am	8:00am	8:00am	8:00am	8:00am
High School	10:00am	10:00am	10:00am	10:00am	10:00am

Arboretum	Monday	Tuesday	Wednesday	Thursday	Friday
Youth	8:00am	8:00am	8:00am	8:00am	8:00am
High School	9:00am	9:00am	9:00am	9:00am	9:00am

Registration is required and space is limited. Please choose your location and register for your desired camp sessions below.

Huntersville- register [HERE](#)
 13245 Reese Blvd West, Suite 100
 Huntersville, NC 28078

Arboretum- register [HERE](#)
 8045 Providence Rd, Suite 100
 Charlotte, NC 28277

Athletes need to bring a mask, a personal water bottle and athletic wear including sneakers. NHSP will continue to follow NC regulations and precautions regarding COVID-19.

Contact us
Sportsperformance@novanthealth.org

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