

OHIO

**ARMY NATIONAL GUARD** ★

1-800-GO-GUARD ★ nationalguard.com

## SCHOOL PROGRAMS

# Sports Bootcamps



### WHO:

Intended for high school sports teams, this physically demanding program can be altered to meet the needs of any sport, any season - boys or girls teams. All sports bootcamps are facilitated by trained, professional personnel, courtesy of the Ohio Army National Guard.

### WHAT:

Sports bootcamps are high-intensity, physically challenging workouts that are staffed by Ohio Guard Soldiers who run the program bearing a “drill sergeant” demeanor.

### WHEN:

We offer flexible scheduling, with half, full or multiple day sessions; most schools request after-school practice “take-overs,” summer conditioning programs, or sports season kick-off events. Sports bootcamps are available year-round.

### WHERE:

Sports bootcamps can take place indoors or outdoors, hosted in the gym or on the practice fields of the requesting school.

### WHY:

Sports bootcamps not only focus on physical fitness, but also enhances participant character development and team-building.



### FREE Public Service

Brought to you, free of charge, as a community service from the Ohio Army National Guard

### Video Preview:

Check out our programs on You Tube:

<https://tinyurl.com/ONGFootballBootcamp>

<https://tinyurl.com/ONGSoccerBootcamp>

### Two Ways to Schedule Today!

1. Contact the National Guard representative assigned to your high school to request dates.
2. Enter your request on the Ohio National Guard mobile app at the following link:

<https://tinyurl.com/ONGBootcampSignup>

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