



## Camp iPLAE (Progressive, Long-term, Athlete, Education)

Research demonstrates that the youth population benefit far more than ever from “working out”, it is just a matter of how they do it. Camp iPLAE provides an age appropriate, developmental approach for kids to learn healthy habits for a life-time, improve athletic capabilities, and reduce the risk of injuries. Participants will be involved in daily activities which include sports, movement technique, and resistance training.



**For more information or to register, please visit [www.lsse.org](http://www.lsse.org). Questions? Contact Zac Al-lorz, Sport Camp Coordinator at [al-lorz@amherstma.gov](mailto:al-lorz@amherstma.gov) 413-259-3156 Or Nate Valeri, Sports & Recreation Director at [va-lerin@amherstm a.gov](mailto:va-lerin@amherstm a.gov) 413-259-3144**

**When: Mon—Fri Jul 13-17,  
9:00 a.m. –12:00 p.m.  
Where: Middle School Fields  
Who: Ages 10-16  
Price: \$199**