

# SPORTS MEDICINE & MARTIAL ARTS CAMP

Age 4-12 | July 3lst-August 4th | 9:00 AM to 4:00 PM



iSports Medicine 101 Power of Perception

### tuesday

Common problems from playing sports
The Joints

### Wednesday

Tommy John Surgery
The Hands

#### thursday

Body Composition
Concussions

## Friday

Broken Bones
Graduation

#### Questions?

Please send your child with 2 nut-free snacks, a lunch, a water bottle, & unscented sunscreen

Composition Broken Bo



