

AOTR

Athletes On The Rise



SIGN UP ONLINE: AOTR.TRAINING

ATHLETIC DEVELOPMENT SUMMER CAMP

All Saints North Campus

4400 22nd Ave, Kenosha, WI 53140

**8-10 AM
EACH DAY**

REGISTRATION INCLUDES
16, 2 HOUR SESSIONS

JUNE 25-28

JULY 2,3

JULY 11, 12

JULY 16-19

JULY 23-29

MEET THE COACH

Co-founder of Athletes On The Rise, LLC and Trainer, Coach Vigansky has been involved in multiple sports at multiple levels. A Kenosha native, Coach Vigansky played basketball collegiately in New York for Clarkson University, where he graduated Cum Laude with a BSc in Biology and Cognitive Neuroscience.

Coach Vigansky played basketball professionally for 7 years in Spain and Denmark. During this period, he also spent time as Head Strength and Conditioning Coach and Physical Trainer for Haderslev Sports Academy and Haderslev Elite, training athletes in Basketball, Soccer, Badminton, Golf, and European Handball. Eventually he worked with the Danish National Teams in Basketball as an on-court coach and Sports Performance Coach. He then became a Coach and Consultant for Falcon Basketball Club in Copenhagen, the largest club in Denmark with over 900 members.

Coach Vigansky attended the University of Nottingham in the United Kingdom, where he earned his MSc in Clinical Sports and Exercise Medicine, graduating with Merit in 2017 while playing basketball at the University on Scholarship. Coach Vigansky has been mentored by Pete Moore, a Trainer from Syracuse, NY who has produced countless High School and Collegiate All-Americans in multiple sports.

ABOUT THE COMPANY

Athletes on the Rise (AOTR) LLC. is a company dedicated to holistic athletic development. We draw from multidisciplinary knowledge, including Sport Psychology, Sport Performance, Strength and Conditioning, Applied Neurology, Sport and Exercise Medicine, Sport Nutrition, and many others to deliver a training experience that is tailored to athletes in a way that no one else can offer.

Everything we do is purposeful and we continually expand our knowledge base to constantly refine our training services, thus bringing a level of precision and creativity that is unparalleled.

Our goal is to be the premier training organization in the world, developing well-rounded athletes from grassroots through elite that obtain college scholarships and professional contracts.

Contact:
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AOTR
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ATHLETIC
DEVELOPMENT
SUMMER CAMP 2018

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CAMP DESCRIPTION

This camp is for anyone between the ages of 10-14 who wants to become a better athlete. More specifically, this camp will develop the young athlete's physical and mental capabilities while developing vital life skills such as leadership, accountability, and public speaking.

This camp will surround participants with like-minded individuals who strive for greatness, work hard, and encourage one another while having fun and training at an age appropriate level. The immersion into this culture, the friends that are made, and the training provided will give the athletes the solid foundation needed to succeed at whatever it is they are passionate about pursuing!

Dates and Time

June 25th - 28th (Mon-Thurs)
 July 2nd & 3rd (Mon & Tues)
 July 11th & 12th (Wed & Thurs)
 July 16th - 19th (Mon-Thurs)
 July 23rd - 26th (Mon-Thurs)

8-10 AM each day

CAMP FEATURES

- Physical training that includes injury risk reduction, multi-sport athletic skills, balance, coordination, speed development, body weight strength and conditioning
- Mental skill development in resilience, focus, discipline, mindfulness, visualization, and reflection
- Life skill development of hard work, leadership, commitment, accountability, and public speaking
- A fun, hard-working atmosphere that promotes a championship culture and mindset



LOCATION

All Saints North Campus
 4400 22nd Ave, Kenosha, WI 53140

CAMP COST

- \$200 (covers all 16 2-hr sessions)

HOW TO SIGN UP

Visit <https://aotr.training> to sign up today!

OTHER SERVICES

See <http://aotr.training> for other training services available. Options include:

Skills Training
 Physical Training
 Mental Training
 Athlete Profiling
 Nutrition Coaching

Services are available in various formats (individual, small group etc).