

PRE-SEASON BOOT CAMP

Croix Attack 12, 13 & 14 Teams



INFORMATION

Start Date: 10/9/25

End Date: 10/30/25

Training Times:

Monday & Thursday: 5:30-6:30 PM

Class Schedule:

10/9 (Th.), 10/13 (M), 10/20(M), 10/23 (Th.), 10/27 (M), 10/30 (Th.)

Location:

Ethos Training Facility

110 1st Street

Hudson, WI 54016

Cost: \$110/individual athlete

To Sign Up (additional instructions in other attachment):

1. Download the Ethos App
2. Log-In or Create Profile

-Please reach out to us if you need any assistance or additional instructions to set up your app.

3. Purchase:

"Croix Attack: Pre-Season Camp (12/13/14)"

**It is located under "BUY" and TEAM Training*

4. Sign Up for each class you plan on attending.

a. Athletes or parents will need to sign up for each individual class after purchase.

b. If you need to cancel a single session you can do so in the app.

**If you trained with us previously (last season) you will need to update your app and reset your password.*

Training Focus:

- ◆ Prepare athletes for upcoming season
- ◆ Reduce injury risk
- ◆ Improve muscle activation to increase vertical jump
- ◆ Work on first step quickness
- ◆ Energy System Development
- ◆ Introduce training concepts to youth athletes

Contact

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