

SCOTT KEMP

PAINTBALL & FITNESS CLINICS

JULY 15th

PAINTBALL

- Preparation- Warm-Up, Stretching, Injury Prevention
- Snap-Shooting Accuracy / Stance / Marker Set-Up
- Running And Shooting / Shooting Off The Break
- Sliding / Diving Drills
- Blocking Out / Aggressive Control Drills
- Snake Crawling Drills
- Attack / Defend 50 Yard Line Bunker (Snake/Dorito)
- Dodgeball / Field Awareness
- Paintball Strategy / Theory / Communication
- Full Team Breakouts
- Full Team Field Walk / Mapping Techniques
- Full Team Games

FITNESS

30-60 min training programs designed to improve every player's game at every level.

NUTRITION

Tutorials and Q&A on the importance and benefits of good nutrition for a competitive edge and better overall health.

EXTRAS

Clinic will also include give aways, person printed and signed photos for each player and more!

ENTRY FEE:

\$50

Early entry fee discount before May 15th.

\$70

After May 15th.

LOCATION:

GLADIATOR PAINTBALL PARK

Army National Guard Base,
San Luis Obispo, CA



TO REGISTER EMAIL:

www.gladiatorpaintballpark.com

