



# MONUMENT HEALTH HARDROCKER PERFORMANCE CAMP AND COMBINE POWERED BY EXOS

## LOCATIONS:

Monument Health Sports Performance Institute and O’Harra Stadium on the South Dakota Mines Campus

## COST:

**\$199** Camp + Combine

**\$149** Camp (July 10-July 27 only) + Combine

**\$99** Combine only

(25% discount for members)

## DAYS/TIMES:

**Tuesdays, Wednesdays & Thursdays:**

6 - 7:15 p.m.

**Saturdays:** 10 - 11 a.m.

*Camp participants can work out at the Monument Health Sports Performance Institute during business hours*

## CAMP: JUNE 12-JUNE 30

- Focuses on movement skills integration
- Speed, agility and sport-specific movements

## CAMP: JULY 10-JULY 27

- Focus on developing strength and power
- Get your athlete real college weight room experience

## COMBINE: JULY 28

Tests include:

- Vertical jump
- Broad jump
- 10-yd + 40-yd dash
- 20-yd shuttle
- 3 cone drill
- 60-yd shuttle

- Bench press with velocity-based training technology



**LEARN MORE ABOUT THE COMBINE**

*Chance to win an NFL Combine Experience*



**CHRIS HATHAWAY**  
Performance Coach



**REGGIE OVERTON**  
Performance Specialist



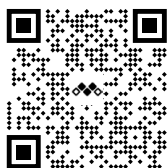
**CARL WISE**  
Performance Specialist



**FAITH WILSON**  
Performance Specialist



**KYLE TAYLOR**  
Performance Coach



**LEARN MORE**

monument.health/EXOS

605-755-MOVE



**MONUMENT HEALTH**  
SPORTS PERFORMANCE INSTITUTE  
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