

Advantage  
for the  
Athlete!

# Smoky Mountain Endeavors, Inc.

Sports  
Training  
Saturday!

When:  
Saturdays  
9am – 3pm



## *Intensive Sports Conditioning, Teamwork and Leadership Camp*

Where:  
462 Middle Creek Rd.  
Cosby, TN

Participants – Only 12 Athletes per Session (minimum of 6 needed to run a course):

- Athletes ages 13 and older who are committed to physical conditioning and desire the enhancement of teamwork and leadership principles that impact both sports and life success.

Daily Schedule (Saturdays 9am to 3pm // check in 8:30am - 9:00am):

- Two workouts per session with focus on strength, agility, foot-speed and conditioning.
- Daily facilitation, discussion, and dialog dealing with communication skills, teamwork philosophies and leadership traits and how these impact and relate to both sports AND life.
- Various on and off-site activities that further advance trust and inter-dependence between athletes including GSMN Park waterfall hikes, group obstacle course challenges, and more.
- This dynamic training is continuous and ever-evolving. It has no start/end program life cycle; it is designed to flex with participant needs, current events, and athlete growth.

Pricing and Payment:

- \$30 per athlete (This includes: 6 hours of mentorship and instruction, a healthy lunch, replenishment drinks, and a T-shirt given to the stand out “student / athlete” of the day).
- Athlete MUST BE PREPAID (cash or check) to ensure a spot in the Saturday course.
- Invest in your athlete for 5 Saturdays for only \$130 per athlete. Save \$20!
- Available on our website: waiver forms and registration documents required at check-in.

Who we are:

*Unlike other sports clinics, courses, or conditioning programs, we join intensive physical workouts with real-life teamwork and leadership skills and activities for rising athletes. We are located in a private 60+ acre setting in the mountains of East Tennessee. Credentialed with 20 years of decorated Naval service with nearly 19 years within the Special Operations community as a U.S. Navy SEAL, we believe :*

- *Winning programs are confident; they are physically strong and mentally positive*
- *All athletes must recognize and support the importance of teamwork when in pursuit of goals*
- *Successful programs develop leadership on every level and hold athletes accountable for their actions*

Smoky Mountain Endeavors, Inc.  
(423) 200-9935

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