

# Summer sports performance camps in Tahoe for youth

Lake Tahoe Community College and Barton's Tahoe Center for Orthopedics have teamed up to offer the area's only team sports performance summer camps for ages 8-14.

Seth Martin, physical education specialist with Lake Tahoe Unified School District, will lead other top coaches and Barton's training staff in the four- and eight-week camps. They will focus on improving children's overall health and wellness. Kids will learn training skills, team building exercises, sport-specific techniques to enhance overall sports performance and nutrition.

For more information and to register, call (530) 541.4660, ext. 717.