

Kindergarten --> graduating 8<sup>th</sup> graders

Join Us For...

# 'Elite Effort'

## Fitness & Sports Camp



5 Weeks of Camp  
**June 25<sup>th</sup> – July 27<sup>th</sup>**

(12:30pm – 4pm)

**\*No Camp on Wednesday July 4<sup>th</sup>**

- **5 weeks of fun fitness drills, activities, and games.**
- **Healthy snacks and drinks will be provided**

**\*If you have any questions or concerns, please feel free to contact Coach Gelger at [jgeiger@stnicholaseducation.com](mailto:jgeiger@stnicholaseducation.com)**



# 'Elite Effort'

## What 'ELITE EFFORT' Fitness & Sports Camp is all about



*'Elite Effort' Fitness & Sports Camp will provide your child with the opportunity to not only improve their fitness level, but also improve their skill level in multiple sports. 'Elite Effort' Camp will provide stimulating activities designed to enhance health and performance in a safe and educational environment. On a daily basis the camp will conduct a variety of drills which target agility, strength & conditioning, and sports skills that will help children improve their overall fitness and skill level in multiple sports. Whether your child is trying to prepare for high school sports, improve athletic ability, or just wants to have fun, 'Elite Effort' Fitness & Sports Camp is a great way to start off the summer.*

## 'Elite Effort' Sports and Activities

Agility training – Ladder, cone, footwork drills

Strength training – Light weight training

Conditioning – Sprints, distance running, jump rope

Cross fit – Combination of strength and conditioning training

Recreation Sports – Dodge ball, capture the flag, water balloon toss

Team Sports – Basketball, football, softball, team handball, ultimate Frisbee

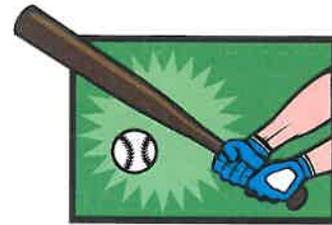


# 'Elite Effort'

## Rules and Expectations of Elite Effort Camp

*Children are expected to come to camp ready to have fun and work hard ('Elite Effort'). Campers are expected to demonstrate good sportsmanship and team work on a daily basis. This will allow everyone to have a great experience while becoming better, both physically and mentally.*

## **Campers Supply List**



### What Campers will need to bring daily

- *Athletic clothing, shoes, socks, and water bottle.*
- *Sack Lunch*
- *No jewelry permitted*
- *Snacks, water, and Gatorade will be provided daily*



➤ **Camp Fees**

➤ **Each Additional Siblings = 50% off**

- Daily - **\$30 (Sibling \$15)**
- 1 week - **\$125 (Sibling \$62.50)**
- 2 weeks - **\$250 (Sibling \$125)**
- 3 weeks - **\$375 (Sibling \$187.50)**
- 4 weeks - **\$500 (Sibling \$250)**
- 5 weeks - **\$600 (Sibling \$300)**



**\*If you have any questions or concerns, please feel free to contact Coach Geiger at [jgeiger@stnicholaseducation.com](mailto:jgeiger@stnicholaseducation.com)**

**(Cash or CHECK payable to Josh Geiger)**

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Camper's Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Sibling: \_\_\_\_\_ Grade: \_\_\_\_\_

Sibling: \_\_\_\_\_ Grade: \_\_\_\_\_

Daily- \$30

One week - \$125

Two weeks- \$250

Three weeks - \$375

Four weeks - \$500

Five Weeks - \$600

**Total Due:** \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Emergency Contact** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Email:** \_\_\_\_\_