



'Elite Effort' *Fitness & Sports* *Summer Camp*



Kindergarten – Graduating 8th Graders

5 Weeks of Summer Camp

June 24th – July 26th

12:30pm – 4:00pm

***No camp on July 4th & 5th**

-  **5 weeks of fun fitness drills, activities and games.**
-  **Healthy snack and drinks are provided.**

**If you have any questions,
please contact Coach Geiger at
jgeiger@stnicholaseducation.com**





'Elite Effort'

Fitness & Sports Camp

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 have fun during the summer.

'Elite Effort' Fitness & Sports Activities

Agility Training – Ladder, cone, and footwork drills

Strength Training – Aerobic activity and flexibility exercise

Conditioning – Sprints, distance running and jump rope

Cross Fit – Combination of strength and conditioning training

Recreation Sports – Dodge ball, capture the flag, kick ball and more

Team Sports – Basketball, soccer, football, team handball and more



'Elite Effort'





Fitness & Sports Camp

Rules & Expectations of 'Elite Effort' Fitness & Sports 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 and socks
-  Sack lunch and water bottle
-  Snacks, water and Gatorade will be provided daily
-  No jewelry permitted





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Fitness & Sports Camp

Camp Fees

Each Additional Sibling = 50% off

- Daily - \$30 (Sibling Discount \$15)
- One week - \$125 (Sibling Discount \$62.50)
- Two weeks - \$250 (Sibling Discount \$125)
- Three weeks - \$375 (Sibling Discount \$187.50)
- Four weeks - \$500 (Sibling Discount \$250)
- Five weeks - \$600 (Sibling Discount \$300)

Camper's Name: _____ Grade: _____ Amount Due: \$ _____

Sibling Name: _____ Grade: _____ Amount Due: \$ _____

Sibling Name: _____ Grade: _____ Amount Due: \$ _____

Sibling Name: _____ Grade: _____ Amount Due: \$ _____

Total Due: \$ _____

Check off the option the camper will be participating:

- | | |
|--|--|
| <input type="checkbox"/> Daily - \$30 | <input type="checkbox"/> Three Weeks - \$375 |
| <input type="checkbox"/> One Week - \$125 | <input type="checkbox"/> Four Weeks - \$500 |
| <input type="checkbox"/> Two Weeks - \$250 | <input type="checkbox"/> Five Weeks - \$600 |

Parent Name: _____ Phone #: _____

Parent Signature: _____ Email: _____

Emergency Contact: _____ Phone #: _____

Cash or Check Only (Make checks payable to Josh Geiger)

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