

June 21st to July 23rd

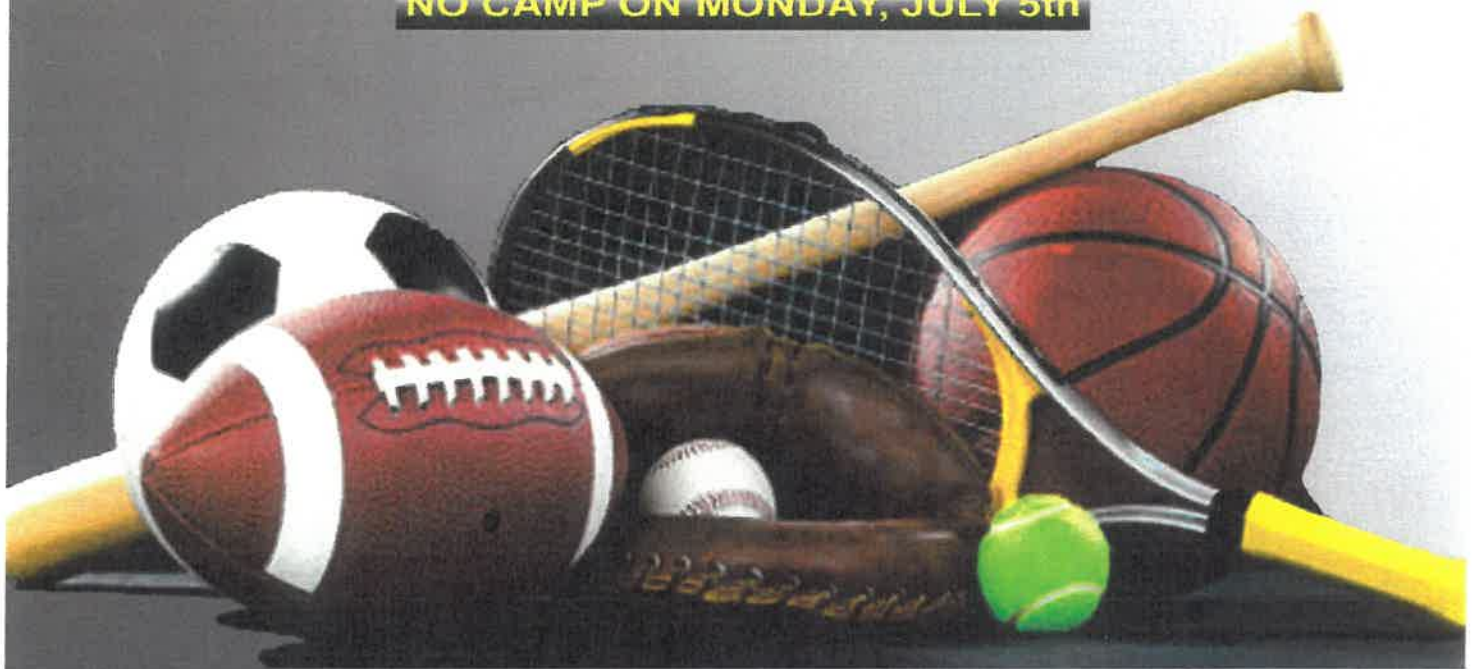
ST. NICHOLAS SUMMER

ELITE EFFORT

FITNESS & SPORTS CAMP

12:30PM - 4:00PM

NO CAMP ON MONDAY, JULY 5th

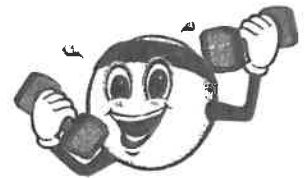


5 Weeks of fun fitness drills, activities and games

If you have any questions please feel free to contact Coach Geiger at:

jgeiger@stnicholaseducation.com

'Elite Effort'



What "Elite Effort" Fitness and Sports Camp is all about

'Elite Effort' Fitness and Sport 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, and 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 and Sport 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

Recreation Sports- Dodgeball, Capture the flag, water balloon toss

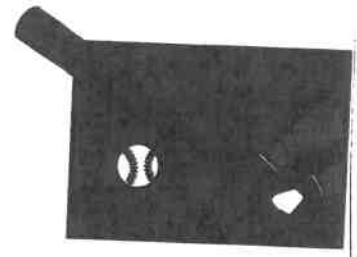
Team Sports- Basketball, football, team handball



'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
- Water and Gatorade will be provided daily



Camp Fees



- Daily- \$30 (Sibling discount \$15.00)
- One week - \$125 (Sibling discount \$62.50)
- Two weeks - \$250 (Sibling discount \$125.00)
- Three weeks - \$375 (Sibling discount \$187.50)
- Four weeks - \$500 (Sibling discount \$250.00)
- Five weeks - \$600 (Sibling discount \$300.00)



PLEASE SIGN UP BY JUNE 5TH

Each additional sibling = 50% off!

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

PLEASE MAKE CHECK Payable to Josh Geiger.

Camper's Name: _____ **Grade:** _____

Sibling: _____ **Grade:** _____

Sibling: _____ **Grade:** _____

Daily- \$30

Three Weeks - \$375

One Week- \$125

Four Weeks- \$500

Two Weeks- \$250

Five Weeks- \$600

Total Due: _____

Parent Signature: _____ **Phone:** _____

Emergency Contact _____ **Phone:** _____

Address: _____

Email: _____