



# GLENPOOL YOUTH FITNESS CAMP

## JUNE 19-JULY 20

When: 10:00 AM - 11:30 AM

Monday, Tuesday, Wednesday, & Thursday

Where: Warrior Athletic Complex (Indoor Sports Facility)

Who: Camp for Students Grades 4-8 (Boys and Girls)

Athletes will be introduced to developmentally appropriate strength training techniques. We will train the athletes in proper running form, explosive direction change, and speed development. Coaches will also cover proper health and nutrition habits for young athletes.

**COST:** \$90.00 per camper or \$100.00 with t-shirt (Fees made be paid on the first day of the camp) \$45 for each additional sibling or \$55 with t-shirt. Please make checks payable to Glenpool Public Schools. Must turn in a form for each Camper.

For more information, contact: Rusty Davis [prdavis@glenpoolps.org](mailto:prdavis@glenpoolps.org) or Steve Edwards [smedwards@glenpoolps.org](mailto:smedwards@glenpoolps.org)

Name \_\_\_\_\_ Grade (17-18 school year) \_\_\_\_\_ T-shirt size (\$10 extra) Youth S M L XL Adult S M L XL XXL Home phone: \_\_\_\_\_ cell: \_\_\_\_\_

Parent(s): \_\_\_\_\_ Emergency

Contact: \_\_\_\_\_ Emergency

#: \_\_\_\_\_ I give my permission for \_\_\_\_\_ to participate in the Glenpool Fitness Camp.

signed \_\_\_\_\_