



GLENPOOL YOUTH FITNESS CAMP

JUNE 18-JULY 19

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: \$100.00** price includes camp T-shirt; **\$50** for each additional sibling.

You may register and pay on the June 18th (first day of the camp) or Register and pay online at <https://www.rankonesport.com>

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 or Israel Maselara iimaselera@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 _____