



Boys and Girls Fitness Camp

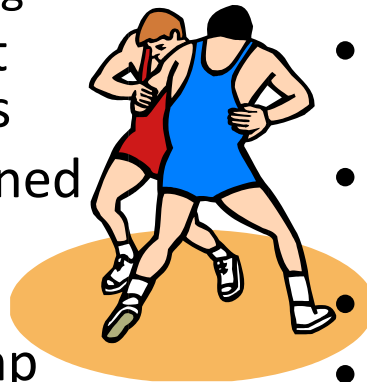
July 18th-21st



- Pick 3 of 4 Activities (you can do 2 sessions that are the same per day)

- Wrestling
- Cross Country Running
- Tennis
- Strength and Conditioning

- Learn basic skills- interact with High School Coaches
- All activities will be designed for the skill level of the camper that signs up)
- Great and affordable camp to get the kids moving!



Time: 9-12 each day
Place: Patrick County High School

Cost: \$40

Make Checks payable to Next Level Wrestling

- Grades: Rising 4th -12th
- Campers will report to gym then go to assigned areas.
- Campers will rotate every 50 minutes to a new activity.
- Wear gym clothes
- Bring wrestling and/or running shoes

Contract David Morrison 276-952-5378 david.morrison@patrick.k12.va.us
or Stephen Biedrycki 276-694-3550 stephen.biedrycki@patrick.k12.va.us

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Fill this out for camp registration

Name (Last, first) _____

Age ____ Weight (if known) _____

Check 3 of the four (or check one twice)

- Wrestling
- Cross Country Running
- Tennis
- Strength and Conditioning

FYI- Camp ends at noon- be here at least 10 minutes early

Point of Contact's

Name(s) _____

Phone Numbers _____, _____

Parents and/or guardians should be available to complete the registration process the first day. Pleased contact us if you need to send the required forms with someone else.