



ATHLETIC DEVELOPMENT CAMPS AND PROGRAMS

PERFORMANCE ENHANCEMENT

READY TO TAKE YOUR GAME TO

THE NEXT LEVEL?

LET'S GET STARTED



ATHLETIC DEVELOPMENT CAMPS AND PROGRAMS

SESSIONS | 4-WEEKS

JUNE SESSION

3 + 29 + 30
JUNE JUNE MAY
Reg. Deadline
Late Fee: \$10

JULY SESSION

8 + 3 + 5
JULY AUGUST JULY
Reg. Deadline
Late Fee: \$10

AUG. SESSION

5 + 30 + 1
AUGUST AUGUST AUG
Reg. Deadline
Late Fee: \$10

CAMPS | 8-WEEKS

CAMP DATES

3 + 9 + 30
JUNE AUG MAY
Reg. Deadline
Late Fee: \$10

No Camp: July 1-5

Improve your strength, movement, speed, endurance, and technique through our athletic development sessions and camps. With programs designed for every age, Choice Health & Fitness' sports performance trainers will help you make this season your best!

ELEMENTARY SCHOOL | 8-11 YEARS

CORE STRENGTH & AGILITY | (2) 45-MINUTE ATHLETIC DEVELOPMENT SESSIONS / WEEK

Full-body strengthening using body weight, medicine balls, kettle bells, and cables to develop body awareness and proper technique. Emphasis on quick feet, change of direction, and core exercises to develop agility and core strength for elementary aged athletes.

GROUP	TRAINER	TIME	LOCATION	DAYS	COST	SESSION
Coed ES Group 1	Choice PT	11:15am-12:00pm	ICON	M & W	\$96	June, July, August Sessions
Coed ES Group 2	Choice PT	4:00pm-4:45pm	Yoga Rm 1	M & W	\$96	June, July, August Sessions
Coed ES Group 3	Choice PT	11:15am-12:00pm	ICON	T & TH	\$96	June, July, August Sessions
Coed ES Group 4	Choice PT	4:00pm-4:45pm	PT Studio	T & TH	\$96	June, July, August Sessions

MIDDLE SCHOOL | 12-15 YEARS

ATHLETE STRENGTH & CONDITIONING | (2) 45-MINUTE ATHLETIC DEVELOPMENT SESSIONS / WEEK

Training programs targeted at improving middle and high school athletes' strength, movement, speed, endurance, and technique.

GROUP	TRAINER	TIME	LOCATION	DAYS	COST	SESSION / CAMP
MS Boys	Austin Jackson	10:30am-11:15am	ICON	M & W	\$96	June, July, August Sessions
MS Girls	Austin Jackson	10:30am-11:15am	ICON	T & TH	\$96	June, July, August Sessions

MIDDLE & HIGH SCHOOL | 12-18 YEARS

SPORT-SPECIFIC CONDITIONING | (2) 45-MINUTE ATHLETIC DEVELOPMENT SESSIONS / WEEK

Training programs targeted at improving middle and high school athletes' strength, movement, speed, endurance, and technique.

GROUP	TRAINER	TIME	LOCATION	DAYS	COST	SESSION / CAMP
MS/HS Boys Group 1	Jorid Dagfinrud	9:45am-10:30am	Pilates Area	M & W	\$216	June 3 - Aug. 9 Camp
MS/HS Boys Group 2	Jorid Dagfinrud	9:45am-10:30am	ICON	T & TH	\$216	June 3 - Aug. 9 Camp
MS/HS Girls Group 1	Jared Connell	9:30am-10:15am	CHF Fit Floor	T & TH	\$96	June, July, August Sessions
MS/HS Girls Group 2	Jared Connell	1:00pm-1:45am	CHF Fit Floor	M & W	\$96	June, July, August Sessions



MIDDLE & HIGH SCHOOL | 12-18 YEARS

ATHLETE STRENGTH & CONDITIONING | (3) 45-MINUTE ATHLETIC DEVELOPMENT SESSIONS / WEEK
 Training programs designed to improve middle and high school athletes' strength, movement, speed, endurance, and technique.

GROUP	TRAINER	TIME	LOCATION	DAYS	COST	SESSION / CAMP
MS / HS Girls Group 1	Austin Jackson	7:30am-8:15am	CHF Fit Floor	M, W, F	\$144	June, July, August Sessions
MS / HS Boys Group 2	Austin Jackson	8:30am-9:15am	CHF Fit Floor	M, W, F	\$144	June, July, August Sessions

HIGH SCHOOL | 15-18 YEARS

ATHLETE STRENGTH & CONDITIONING | (4) 1-HOUR ATHLETIC DEVELOPMENT SESSIONS / WEEK
 Full-body workout that blends a unique mix of rotation, core stability, control, power, strength, mobility, metabolic conditioning, balance, and coordination movements, specifically for high school athletes.

GROUP	TRAINER	TIME	LOCATION	DAYS	COST	SESSION / CAMP
HS Girls Group 1	Jorid Dagfinrud	6:30am-7:30am	CHF Fit Floor	M, T, TH, F	\$540	June 3 - Aug. 9 Camp
HS Boys Group 1	Chris Langei	6:30am-7:30am	ICON / CHF Fit Floor	M, T, TH, F	\$540	June 3 - Aug. 9 Camp
HS Boys Group 2	Jorid Dagfinrud	7:30am-8:30am	ICON	M, T, TH, F	\$540	June 3 - Aug. 9 Camp
HS Boys Group 3	Jorid Dagfinrud	8:45am-9:45am	ICON / CHF Fit Floor	M, T, W, TH	\$540	June 3 - Aug. 9 Camp
HS Boys Group 4	Chris Langei	8:45am-9:45am	ICON / CHF Fit Floor	M, T, W, TH	\$540	June 3 - Aug. 9 Camp

HIGH SCHOOL | 15-18 YEARS

ATHLETE STRENGTH & CONDITIONING | (4) 1-HOUR ATHLETIC DEVELOPMENT SESSIONS / WEEK
 Full-body workout that blends a unique mix of rotation, core stability, control, power, strength, mobility, metabolic conditioning, balance, and coordination movements, specifically for high school athletes.

GROUP	TRAINER	TIME	LOCATION	DAYS	COST	SESSION / CAMP
Coed All-Sport Fast Camp 1	Lisa R. & Jared C.	9:00am-10:00am	CUSH	M & W	\$240	June 3 - Aug. 9 Camp
Coed All-Sport Fast Camp 2	Lisa R. & Jared C.	8:00am-9:00am	CUSH	T & TH	\$240	June 3 - Aug. 9 Camp
Coed All-Sport Fast Camp 3	Lisa R. & Jared C.	10:00am-11:00am	CUSH	FRI	\$120	June 3 - Aug. 9 Camp

YOUTH & ADULT | 8+ YEARS

PERSONAL PROGRAM: INDEPENDENT STRENGTH & CONDITIONING

Designed for athletes with skilled body awareness and lifting experience as well as athletes that cannot commit to specific group training. Includes personal needs analysis, progressive personal 6-week training program, and (2) personal training sessions to learn exercises and review progress.

GROUP	TRAINER	TIME	LOCATION	DAYS	COST	SESSION / CAMP
Independent Strength & Conditioning	Choice Trainer	TBD	TBD	TBD	\$120	June, July, August Sessions

ATHLETIC DEVELOPMENT | CAMPS AND PROGRAMS REGISTRATION

Name: _____ Date of Birth: ____ / ____ / ____ Gender: M F
 Parent Name(s): _____ Email: _____
 Address: _____ City/State/Zip: _____
 Parent Phone: (____) - ____ - _____ Alternate Phone # (work, mobile, etc.) (____) - ____ - _____

I hereby acknowledge the health of my child, listed above, to be ready for vigorous activity and authorize the directors to secure any emergency treatment deemed necessary, and that I hereby release the Grand Forks Park District, Choice Health & Fitness and all employees, executors, and heirs from all claims for injuries, which may be sustained by my child while attending this program. I also understand that any medical bills incurred by my child due to injuries will be my responsibility or the responsibility of my family health insurance plan.

Parent/Guardian Signature: _____ Date: _____ (Must sign before child can participate in program)

PLEASE SELECT THE CAMP/PROGRAM(S) & SESSION DATES FOR WHICH YOU WOULD LIKE TO REGISTER:

ELEMENTARY SCHOOL (8-11 YEARS) | CORE STRENGTH & AGILITY

GROUP	TIME	DAYS	COST
Coed ES Group 1	11:15am-12:00pm	M & W	\$96
Coed ES Group 2	4:00pm-4:45pm	M & W	\$96
Coed ES Group 3	11:15am-12:00pm	T & TH	\$96
Coed ES Group 4	4:00pm-4:45pm	T & TH	\$96

PLEASE SELECT PROGRAM(S) & SESSION(S)

JUNE 3 - 29	JULY 8 - AUG. 3	AUG. 5 - 30
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MIDDLE SCHOOL (12-15 YEARS) | ATHLETE STRENGTH & CONDITIONING

GROUP	TIME	DAYS	COST
MS Boys	10:30am-11:15am	M & W	\$96
MS Girls	10:30am-11:15am	T & TH	\$96

PLEASE SELECT PROGRAM(S) & SESSION(S)

JUNE 3 - 29	JULY 8 - AUG. 3	AUG. 5 - 30
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MIDDLE & HIGH SCHOOL (12-18 YEARS) | SPORT-SPECIFIC CONDITIONING

GROUP	TIME	DAYS	COST
MS/HS Boys Group 1	9:45am-10:15am	M & W	\$216
MS/HS Boys Group 2	9:45am-10:15am	T & TH	\$216
MS/HS Girls Group 1	9:45am-10:15am	T & TH	\$96
MS/HS Girls Group 2	1:00pm-1:45pm	M & W	\$96

PLEASE SELECT CAMP(S)

JUNE 3 - AUG. 9
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

MIDDLE & HIGH SCHOOL (15-18 YEARS) | ATHLETE STRENGTH & CONDITIONING

GROUP	TIME	DAYS	COST
MS/HS Girls Group 1	7:30am-8:15am	M, W, F	\$144
MS/HS Boys Group 2	8:30am-9:15am	M, W, F	\$144

PLEASE SELECT PROGRAM(S) & SESSION(S)

JUNE 3 - 29	JULY 8 - AUG. 3	AUG. 5 - 30
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

HIGH SCHOOL (12-18 YEARS) | ATHLETE STRENGTH & CONDITIONING

GROUP	TIME	DAYS	COST
HS Girls Group 1	6:30am-7:30am	M, T, TH, F	\$540
HS Boys Group 1	6:30am-7:30am	M, T, TH, F	\$540
HS Boys Group 2	7:30am-8:30am	M, T, TH, F	\$540
HS Boys Group 3	8:45am-9:45am	M, T, W, TH	\$540
HS Boys Group 4	8:45am-9:45am	M, T, W, TH	\$540

PLEASE SELECT CAMP(S)

JUNE 3 - AUG. 9
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

HIGH SCHOOL (12-18 YEARS) | FAST CAMP TRAINING

GROUP	TIME	DAYS	COST
Coed All-Sport Fast Camp 1	9:00am-10:00am	M & W	\$240
Coed All-Sport Fast Camp 2	8:00am-9:00am	T & TH	\$240
Coed All-Sport Fast Camp 3	10:00am-11:00am	FRI	\$120

PLEASE SELECT CAMP(S)

JUNE 3 - AUG. 9
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

YOUTH & ADULT (8+ YEARS) | PERSONAL PROGRAM

GROUP	TIME	DAYS	COST
Independent Strength & Conditioning	TBD	TBD	\$120

PLEASE SELECT PROGRAM(S) & SESSION(S)

JUNE 3 - 29	JULY 8 - AUG. 3	AUG. 5 - 30
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>