



# 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

SESSION 1

**2 - 28**  
MARCH MARCH

**26**  
FEB  
Reg. Deadline  
Late Fee: \$10

SESSION 2

**30 - 25**  
MARCH APRIL

**25**  
MAR  
Reg. Deadline  
Late Fee: \$10

SESSION 3

**27 - 23**  
APRIL MAY

**22**  
APR  
Reg. Deadline  
Late Fee: \$10

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

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	SESSION 1	SESSION 2	SESSION 3
Coed ES Group 1	James	4:00pm-4:45pm	PT Studio	M & W	Mar. 2 - 28   \$96	Mar. 30 - Apr. 25   \$96	Apr. 27 - May 23   \$96
Coed ES Group 2	Austin	4:00pm-4:45pm	PT Studio	T & TH	Mar. 2 - 28   \$96	Mar. 30 - Apr. 25   \$96	Apr. 27 - May 23   \$96
Coed ES Group 3	Jared	10:00am-10:45am	ICON	SAT	Mar. 2 - 28   \$48	Mar. 30 - Apr. 25   \$48	Apr. 27 - May 23   \$48

\* MINIMUM 4 PARTICIPANTS NEEDED FOR PROGRAM TO RUN EACH SESSION.

## MIDDLE SCHOOL | 12-15 YEARS

### ATHLETE STRENGTH & CONDITIONING - SMALL GROUPS

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 Small Groups	Choice Trainer	3:30 - 7:00 pm	ICON/CHF	M, T, W, & TH	TBD	March, April, May Sessions

\* Must contact the Personal Trainer of your choice to set up a group training program

\* MINIMUM 4 PARTICIPANTS NEEDED FOR PROGRAM TO RUN EACH SESSION.



## MIDDLE & HIGH SCHOOL | 12-18 YEARS

### ATHLETE STRENGTH & CONDITIONING - SMALL GROUPS

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 Small Groups	Choice Trainer	3:30 - 7:00 pm	ICON/CHF	M, T, W, & TH	TBD	March, April, May Sessions

\* Must contact the Personal Trainer of your choice to set up a group training program

**\* MINIMUM 4 PARTICIPANTS NEEDED FOR PROGRAM TO RUN EACH SESSION.**

## HIGH SCHOOL | 15-18 YEARS

### ATHLETE STRENGTH & CONDITIONING - SMALL GROUPS

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

GROUP	TRAINER	TIME	LOCATION	DAYS	COST	SESSION / CAMP
HS Small Groups	Choice Trainer	3:30 - 7:00 pm	ICON/CHF	M, T, W, & TH	TBD	March, April, May Sessions

\* Must contact the Personal Trainer of your choice to set up a group training program

**\* MINIMUM 4 PARTICIPANTS NEEDED FOR PROGRAM TO RUN EACH SESSION.**

## 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	March, April, May 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
Coed ES Group 1	4:00pm-4:45pm	M & W
Coed ES Group 2	4:00pm-4:45pm	T & TH
Coed ES Group 3	10:00am-10:45am	SAT

### PLEASE SELECT PROGRAM(S) & SESSION(S)

MAR. 2 - 28	MAR. 30-APR. 25	APR. 27 - MAY 23
<input type="checkbox"/> \$96	<input type="checkbox"/> \$96	<input type="checkbox"/> \$96
<input type="checkbox"/> \$96	<input type="checkbox"/> \$96	<input type="checkbox"/> \$96
<input type="checkbox"/> \$48	<input type="checkbox"/> \$48	<input type="checkbox"/> \$48

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

GROUP	TIME	DAYS	COST
MS Small Groups	3:30 - 7:00 PM	M, T, W, & TH	TBD
* Must contact the Personal Trainer of your choice to set up a group training program			

### PLEASE SELECT SESSION(S)

MAR. 2 - 28	MAR. 30-APR. 25	APR. 27 - MAY 23
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### MIDDLE & HS (12-18 YEARS) | ATHLETE STRENGTH & CONDITIONING

GROUP	TIME	DAYS	COST
MS / HS Small Groups	3:30 - 7:00 PM	M, T, W, & TH	TBD
* Must contact the Personal Trainer of your choice to set up a group training program			

### PLEASE SELECT SESSION(S)

MAR. 2 - 28	MAR. 30-APR. 25	APR. 27 - MAY 23
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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

GROUP	TIME	DAYS	COST
HS Small Groups	3:30 - 7:00 PM	M, T, W, & TH	TBD
* Must contact the Personal Trainer of your choice to set up a group training program			

### PLEASE SELECT SESSION(S)

MAR. 2 - 28	MAR. 30-APR. 25	APR. 27 - MAY 23
<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 SESSION(S)

MAR. 2 - 28	JAN. 6 - FEB. 1	FEB. 3 - 29
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>