



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

IMPROVE STRENGTH, MOVEMENT, SPEED, ENDURANCE, AND TECHNIQUE THROUGH OUR ATHLETIC DEVELOPMENT SESSIONS AND CAMPS. LET CHOICE HEALTH & FITNESS' SPORTS PERFORMANCE TRAINERS HELP YOU MAKE THIS SEASON YOUR BEST!

SESSIONS | 4-WEEKS

JUNE SESSION

1 - **26** **28**
JUNE JUNE MAY
Reg. Deadline
Late Fee: \$10

JULY SESSION

6 - **31** **2**
JULY JULY JULY
Reg. Deadline
Late Fee: \$10

AUG. SESSION

3 - **28** **30**
AUGUST AUGUST JULY
Reg. Deadline
Late Fee: \$10

CAMPS | 9-WEEKS

CAMP DATES

1 - **7** **28**
JUNE AUG MAY
Reg. Deadline
Late Fee: \$10

No Camp: June 29 - July 5

CORE STRENGTH AGILITY | 8-11 YEARS

(2) 45-MINUTE ATHLETIC DEVELOPMENT CLASSES / WEEK | 4-WEEK SESSIONS

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	4-WEEK SESSION
Coed ES Group 1	Austin Jackson	11:30am-12:15pm	ICON	M & W	\$96	June, July, August Sessions
Coed ES Group 2	Jared Connell	4:15pm-5:00pm	ICON	M & W	\$96	June, July, August Sessions
Coed ES Group 3	Austin Jackson	11:30am-12:15pm	ICON	T & TH	\$96	June, July, August Sessions
Coed ES Group 4	Jared Connell	4:15pm-5:00pm	ICON	T & TH	\$96	June, July, August Sessions

SPORTS ACADEMY | 2ND-8TH GRADE

(2) 30-MINUTE ATHLETIC DEVELOPMENT CLASSES / WEEK | 4-WEEK SESSIONS

Sports Academy focuses on foot speed and strength training to aid youth athletes in improving their overall athletic game.

GROUP	TRAINER	TIME	LOCATION	DAYS	COST	4-WEEK SESSION
Sports Academy Group 1	Jared Connell	9:15am-9:45am	Choice PT	M & W	\$72	June, July, August Sessions
Sports Academy Group 2	Jared Connell	10:15am-10:45am	Choice PT	M & W	\$72	June, July, August Sessions

YOUTH & ADULT PERSONAL SPORTS TRAINING | 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	4-WEEK SESSIONS
Independent Strength & Conditioning	Choice Trainer	TBD	TBD	TBD	\$120	June, July, August Sessions



ELEMENTARY & MIDDLE SCHOOL GIRLS | 9-12 YEARS

(2) 30-MINUTE ATHLETIC DEVELOPMENT CLASSES / WEEK | 9-WEEK CAMP

GROUP	TRAINER	TIME	LOCATION	DAYS	COST	9-WEEK CAMP
10U/12U Girls	Jorid Dagfinrud	11:30am-12:00pm	Yoga Room	M & W	\$162	June 1 - Aug. 7 Camp

HIGH SCHOOL & POST GRAD | 14+ YEARS

(4) 1-HOUR ATHLETIC DEVELOPMENT CLASSES / WEEK | 9-WEEK CAMP

GROUP	TRAINER	TIME	LOCATION	DAYS	COST	9-WEEK CAMP
HS Boys Group 1	Jorid Dagfinrud	7:45am-8:45am	ICON	M, T, TH, F	\$540	June 1 - Aug. 7 Camp
HS Boys Group 2	Jorid Dagfinrud	9:00am-10:00am	ICON	M, T, W, TH	\$540	June 1 - Aug. 7 Camp
HS Girls Group 1	Austin Jackson	6:30am-7:30am	Choice PT	M, T, TH, F	\$540	June 1 - Aug. 7 Camp
HS Girls Group 2	Austin Jackson	7:45am-8:45am	Choice PT	M, T, TH, F	\$540	June 1 - Aug. 7 Camp

(3) 45-MINUTE ATHLETIC DEVELOPMENT CLASSES / WEEK | 9-WEEK CAMP

GROUP	TRAINER	TIME	LOCATION	DAYS	COST	9-WEEK CAMP
HS Girls Group 3	Jorid Dagfinrud	10:30am-11:15am	Yoga Room	M, W, F	\$324	June 1 - Aug. 7 Camp

PRIVATE TRAINING GROUPS

Private Training Groups are organized by coaches, teams, and trainers.

If you are participating in a private group program, please contact your coach or trainer for your group assignment.

GROUP	TRAINER	TIME	LOCATION	DAYS	COST	SESSION / CAMP DATES
Private Group A	Chris Langei	6:30am-7:30am	ICON	M, T, TH, F	\$540	June 1 - Aug. 7 Camp
Private Group B	Chris Langei	10:15am-11:15am	ICON	M, T, W, TH	\$540	June 1 - Aug. 7 Camp
Private Group C	Jorid Dagfinrud	1:15pm-2:00pm	ICON	M & W	\$216	June 1 - Aug. 7 Camp
Private Group D	Jorid Dagfinrud	1:15pm-2:00pm	ICON	T & TH	\$216	June 1 - Aug. 7 Camp
Private Group E	Jorid Dagfinrud	2:15pm-3:00pm	ICON	M, T, W, TH	\$432	June 1 - Aug. 7 Camp
Private Group F	Jorid Dagfinrud	3:15pm-4:00pm	Yoga Room	T & TH	\$216	June 1 - Aug. 7 Camp
Private Group G	Jorid Dagfinrud	10:30am-11:15am	Yoga Room	T & TH	\$216	June 1 - Aug. 7 Camp
Private Group H	Jorid Dagfinrud	11:30am-12:00pm	ICON	T & TH	\$162	June 1 - Aug. 7 Camp
Private Group I	Jared Connell	3:15pm-3:45pm	ICON	M & W	\$72	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: _____

**EMAIL COMPLETED FORM TO
JCONNELL@CHOICEHF.COM**

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

CORE STRENGTH & AGILITY (8-11 YEARS)

GROUP	TIME	DAYS	COST
Coed ES Group 1	11:30am-12:15pm	M & W	\$96
Coed ES Group 2	4:15pm-5:00pm	M & W	\$96
Coed ES Group 3	11:30am-12:15pm	T & TH	\$96
Coed ES Group 4	4:15pm-5:00pm	T & TH	\$96

PLEASE SELECT PROGRAM(S) & SESSION(S)

JUNE 1 - 26	JULY 6 - 31	AUG. 3 - 28
<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"/>

SPORTS ACADEMY (2nd - 8th GRADE)

GROUP	TIME	DAYS	COST
Sports Academy Group 1	9:15am-9:45am	M & W	\$72
Sports Academy Group 2	10:15am-10:45am	M & W	\$72

PLEASE SELECT PROGRAM(S) & SESSION(S)

JUNE 1 - 26	JULY 6 - 31	AUG. 3 - 28
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

ELEMENTARY & MIDDLE (9-12 YEARS)

GROUP	TIME	DAYS	COST
10U / 12U Girls	11:30am-12:00pm	M & W	\$162

PLEASE SELECT CAMP(S)

9-WEEK CAMP (JUNE 1 - AUG. 7)
<input type="checkbox"/>

HIGH SCHOOL & POST GRAD (14+ YEARS)

GROUP	TIME	DAYS	COST
HS Boys Group 1	7:45am-8:45am	M, T, TH, F	\$540
HS Boys Group 2	9:00am-10:00am	M, T, W, TH	\$540
HS Girls Group 1	6:30am-7:30am	M, T, TH, F	\$540
HS Girls Group 2	7:45am-8:45am	M, T, TH, F	\$540
HS Girls Group 3	10:30am-11:15am	M, W, F	\$324

PLEASE SELECT CAMP(S)

9-WEEK CAMP (JUNE 1 - AUG. 7)
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

PRIVATE GROUPS (*Participants must coordinate with coach/trainer before registering)

GROUP	TIME	DAYS	COST
Private Group A	6:30am-7:30am	M, T, TH, F	\$540
Private Group B	10:15am-11:15am	M, T, W, TH	\$540
Private Group C	1:15pm-2:00pm	M & W	\$216
Private Group D	1:15pm-2:00pm	T & TH	\$216
Private Group E	2:15pm-3:00pm	M, T, W, TH	\$432
Private Group F	3:15pm-4:00pm	T & TH	\$216
Private Group G	10:30am-11:15am	T & TH	\$216
Private Group H	11:30am-12:00pm	T & TH	\$162
Private Group I	3:15pm-3:45pm	M & W	\$72

PLEASE SELECT SESSION / CAMP(S)

9-WEEK CAMP / 4-WEEK SESSION
<input type="checkbox"/> JUNE 1 - AUG. 9 CAMP
<input type="checkbox"/> JUNE 1 - AUG. 9 CAMP
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<input type="checkbox"/> JUNE 1 - AUG. 9 CAMP
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<input type="checkbox"/> JUNE 1 - AUG. 9 CAMP
<input type="checkbox"/> JUNE 1 - AUG. 9 CAMP
<input type="checkbox"/> JUNE 1 - AUG. 9 CAMP
<input type="checkbox"/> JUNE 1 - AUG. 9 CAMP
<input type="checkbox"/> JUNE 1 - 26
<input type="checkbox"/> JULY 6-31
<input type="checkbox"/> AUG. 3 - 28

YOUTH & ADULT (8+ YEARS) | PERSONAL PROGRAM

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

PLEASE SELECT PROGRAM(S) & SESSION(S)

JUNE 1 - 26	JULY 6-31	AUG. 3 - 28
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>