

# 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)

| DEC. 2 - 21                   | JAN. 6 - FEB. 1               | FEB. 3 - 29                   |
|-------------------------------|-------------------------------|-------------------------------|
| <input type="checkbox"/> \$72 | <input type="checkbox"/> \$96 | <input type="checkbox"/> \$96 |
| <input type="checkbox"/> \$72 | <input type="checkbox"/> \$96 | <input type="checkbox"/> \$96 |
| <input type="checkbox"/> \$36 | <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)

| DEC. 2 - 21              | JAN. 6 - FEB. 1          | FEB. 3 - 29              |
|--------------------------|--------------------------|--------------------------|
| <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)

| DEC. 2 - 21              | JAN. 6 - FEB. 1          | FEB. 3 - 29              |
|--------------------------|--------------------------|--------------------------|
| <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)

| DEC. 2 - 21              | JAN. 6 - FEB. 1          | FEB. 3 - 29              |
|--------------------------|--------------------------|--------------------------|
| <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)

| DEC. 2 - 21              | JAN. 6 - FEB. 1          | FEB. 3 - 29              |
|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

# ATHLETIC DEVELOPMENT CAMPS AND PROGRAMS

## SESSIONS | 4-WEEKS

SESSION 1

**2** - **21**  
DEC. DEC.

**27**  
NOV.  
Reg. Deadline  
Late Fee: \$10

SESSION 2

**6** - **1**  
JAN. FEB.

**2**  
JAN.  
Reg. Deadline  
Late Fee: \$10

SESSION 3

**3** - **29**  
FEB. FEB.

**30**  
JAN.  
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  | Dec. 2 - 21   \$72 | Jan. 6 - Feb. 1   \$96 | Feb. 3 - 29   \$96 |
| Coed ES Group 2 | Austin  | 4:00pm-4:45pm   | PT Studio | T & TH | Dec. 2 - 21   \$72 | Jan. 6 - Feb. 1   \$96 | Feb. 3 - 29   \$96 |
| Coed ES Group 3 | Jared   | 10:00am-10:45am | ICON      | SAT    | Dec. 2 - 21   \$36 | Jan. 6 - Feb. 1   \$48 | Feb. 3 - 29   \$48 |

## 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  | Dec., Jan., Feb. Sessions |

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

## 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  | Dec., Jan., Feb. Sessions |

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

## 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  | Dec., Jan., Feb. Sessions |

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

## 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 | Dec., Jan., Feb. Sessions |