



“J.U.M.P.”

Juniors *Understanding Movement & Performance*

2018 Youth Conditioning Camp



Camp Dates: June 13 – 14 & June 20 – 21 (4 days)	
9am – 10am	2 nd – 3 rd – 4 th Graders (2018/2019 School Year)
10am – 11am	5 th – 6 th – 7 th Graders (2018/2019 School Year)
Cost:	\$40 per Camper – Includes T-shirt
Equipment:	Shorts, T-shirt, Socks, Running Shoes & Water Bottle
Location:	Neola Ball Field Complex (NACC weather permitting)

<u>Trainers</u>
Ryan Schroder <i>TC Strength & Conditioning Coach</i> C. 402-639-7331 rschroder@tctrojans.org
André Franco <i>Certified Trainer</i>

Excited to announce a “J.U.M.P.” program for our youth in the community. “J.U.M.P.” will be a comprehensive training program that will be a non-stop, active approach to promote movement. By attending this camp your youth will be able to take away an improvement of sports performance, positives of physical fitness, awareness of injury prevention, & learning that movement can be FUN!

**DAILY
PRIZES WILL
BE GIVEN**

Register by May 15th to guarantee t-shirt
 Make checks payable to “Strength & Conditioning Boosters”

**LIMITED SPOTS!!!
DON'T MISS OUT**

Mail to: Ryan Schroder, 20494 Whippoorwill Road, Missouri Valley IA 51555

Trainee Name:	
Phone:	<i>**You will receive a confirmation text**</i>
Entering Grade:	
Address:	
City, State, Zip:	
T-Shirt Size (Circle):	Youth XS Youth S Youth M Youth L Adult S Adult M Adult L

Legal Waiver: I realize that any athletic activity there is a risk of injury. I give my permission for _____ (Trainee’s Name) to attend and participate in “J.U.M.P.”, release the City of Neola, Neola Area Community Center (NACC), and camp coaches from liability for accidents that might occur during participation.

Parent/Guardian Signature: _____ Date: _____

