

**518 NEXT LEVEL STRENGTH & CONDITIONING
CAMP REGISTRATION FORM**

****Registration Deadline: July 1st **Please inquire via email on
availability if interested after this date****

Camper's Name(s):

Grade Entering Fall 2024 & School District:

T-Shirt Size (Youth S, M, L or Adult S, M, L, XL, 2XL, 3XL):

Camp Weeks (1, 2, and/or 3):

Registration Fee (Amount Enclosed):

Email for Receipt Confirmation:

Emergency Contact Information:

Name/Relationship: _____

Phone Number: _____

List Any Medications/Allergies/Medical Information:

Parent/Guardian Consent/Participation Waiver:

I hereby grant permission for my child to attend 518 Next Level Strength & Conditioning Camp. I verify that my child has had a physical exam in the past year and is able to participate in the activities related to this camp. I agree to indemnify, hold harmless: Jonathan George, Burnt Hills School District, and all 518 Next Level Strength & Conditioning Camp staff from any liability for injury to my child, as well as any injury or damage caused by my child. Should medical treatment for my child become necessary. I hereby authorize any physician or trainer selected by camp personnel to order and conduct medical or surgical procedures necessary.

Parent/Guardian Signature: _____

Date: _____

518 NEXT LEVEL

STRENGTH & CONDITIONING

2024 SUMMER CAMP

www.518NextLevel.com

For Students Entering Grades

3rd – 12th

Week 1: July 22nd – July 26th

Week 2: July 29th – August 2nd

Week 3: August 5th – August 9th

518 NEXT LEVEL STRENGTH & CONDITIONING CAMP IS NOW IN ITS 11TH YEAR. THIS CAMP IS DESIGNED FOR CAMPERS ENTERING GRADES 3 THROUGH 12 WHO ARE INTERESTED IN IMPROVING THEIR SPEED, STRENGTH, AGILITY, AND FLEXIBILITY.

CAMPERS WILL PARTICIPATE IN (AGE APPROPRIATE) ACTIVITIES UTILIZING PROPER TECHNIQUE, FORM, AND SAFETY MEASURES TO ENHANCE THEIR PERFORMANCE ABILITIES. IN ADDITION, CAMPERS WILL ALSO LEARN ABOUT PROPER NUTRITION, WELLNESS, AND GAINING THE MENTAL EDGE IN ATHLETICS. CAMPERS WILL HAVE THE OPPORTUNITY TO TRY A VARIETY OF ALTERNATIVE EQUIPMENT AND EXERCISE ACTIVITIES (EG: FOAM ROLLERS, WARRIOR ROPES, YOGA, BANDS ETC).

ALL SPORTS AND ABILITIES ARE WELCOME, JOIN US IN DISCOVERING YOUR ATHLETIC POTENTIAL!

CAMP STAFF:

Jonathan George - Camp Director

Gary Bynon - Head Coach BH-BL Girls Varsity Volleyball

Steve Jones - Head Coach BH-BL Varsity Wrestling

Anthony Tullock - University of Albany Head Strength & Conditioning Coach

Powell Cucchiella LMHC – Mental Performance Coach

Professor Nels Larson – Instructor at Team Jucao Brazilian Jiu Jitsu – 2nd Degree Black Belt

Master Park- Master Instructor - Chong Hyo Century Taekwondo

Lora Hyde – Registered Dietician & Nutritionist

Elena Unishchova – Certified Sports Aerobic Trainer, Degree in Physical Education & Sport

Paige Thowe – Brockport Field Hockey & Lacrosse Athlete

Michael Puglisi – Nazareth College Track & Field Athlete

****Additional Staff will participate during camp weeks including but not limited to: Yoga Instructors, Nutritionists, Sports Psychologists, and other Certified Trainers.***

Available Sessions

Week 1: July 22nd – July 26th

Week 2: July 29th – August 2nd

Week 3: August 5th – August 9th

Camp Fee: Students entering 6th-12th grade, who register by June 1st, will receive our early bird pricing of \$225 per week. After this date, the cost of the 5 day camp is \$250. Students entering 3rd-5th grade, who register by June 1st, receive our early bird pricing of \$165. After this date, the cost of the 5 day camp is \$190. Please make checks payable to: 518 Next Level Strength & Conditioning. ****Please complete the backside of this pamphlet with the signature section and return, along with the Registration Fee, to:**

**518 Next Level Strength & Conditioning
PO Box 303 Burnt Hills NY 12027**

(Confirmation Email will be sent upon receipt).

Notifications of Camper withdrawal made at least 2 weeks prior to the Camp Start date are eligible for 50% refund

For Questions and/or concerns, please contact Jonathan George at

518NextLevel@gmail.com

Daily Schedule for students entering 6th-12th

9:00 am-9:30 am Attendance & Warm Up

9:30 am-11:30 am Morning Sessions

**11:30 am-12:30 pm Lunch accompanied
by Guest Speaker**

12:30 pm- 1:30 pm Afternoon Sessions

1:30 pm – 2:00 pm Cool Down & Stretching

Daily Schedule for students entering 3rd-5th

9:00 am – 9:30 am: Attendance & Warm Up

9:30 am – 10:30 am Morning Sessions

**10:30 am – 11:00 am Snack accompanied
by Guest Speakers**

11:00 am – 12:00 pm Morning Session #2

Cool Down & Stretching

Location:

**Burnt Hills – Ballston Lake High School
88 Lakehill Road Burnt Hills New York 12027**

What To Bring:

Sneakers-Water Bottle-Lunch-Weather Appropriate Attire -Sunscreen