

**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 2021 & 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:

Parental 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 Signature: _____

Date: _____

518 NEXT LEVEL

STRENGTH & CONDITIONING

2021 SUMMER CAMP

www.518NextLevel.com

For Students Entering Grades

3rd – 12th

Week 1: July 12th – July 16th

Week 2: July 19th – July 23rd

Week 3: July 26th – July 30th

518 NEXT LEVEL STRENGTH & CONDITIONING CAMP IS NOW IN ITS 7TH 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

Master Jung Soo Park – Instructor of Chong Hyo Century Tae Kwon Do & Sword Art

Professor Ron Mulson- College Professor of Sports Psychology

Lora Hyde – Registered Dietician & Nutritionist

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

Joe Carr – 8-time NCAA DIII Track & Field All-American

**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 12th – July 16th

Week 2: July 19th – July 23rd

Week 3: July 26th – July 30th

Camp Fee: Students entering 6th-12th grade who register by 6/11/21 to receive our early bird pricing of \$175 per week. After this date, the cost of the 5 day camp is \$200.

Students entering 3rd-5th grade, who register by 6/11/21, receive our early bird pricing of \$115. After this date, the cost of the 5 day camp is \$140. 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 2574 Glenville, NY 12325**

(Confirmation Email will be sent upon receipt).

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**

What To Bring:

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