

BETTENDORF SUMMER FITNESS CAMP 2022

When: Monday, Wednesday, and Friday (June 6 – July 22)

Session 1: 7:30-9:00

Session 2: 9:00-10:00

Session 3: 10:00-11:00

Session 4: 11:00-12:00

Training Sessions:

- Session 1 will be primarily Varsity Football & Varsity Basketball
- Session 2 is all other Varsity Sports
- Session 3 Is Cheer and Sophomore level Sports
- Session 4 will be for all incoming freshman athletes
- Each session will include Speed, Strength, and Conditioning training.
- Cost: \$50 (discount of \$10 per student if more than 1 family member is participating)
- Questions Call Matt Seabold (319-850-7124) or Aaron Wiley (563-508-3815)
- Although this program is run by BCSD coaches or staff, it is not sponsored by the Bettendorf Community School District or its schools. All proceeds support the outside camp or activity.

Checks Can Be Sent to:

Bettendorf Summer Fitness Camp
Activities Office, Bettendorf High School
3333 18th Street
Bettendorf, Iowa 52722

**.....Please return the bottom portion with your
payment.....**

Student Name _____ Grade _____

Parent or Guardian Name _____ Phone Number _____

BETTENDORF SUMMER FITNESS CAMP 2022

We have adequate health insurance and hereby release all personnel connected with the Bettendorf Summer Fitness Camp or Bettendorf Community Schools from any liability due to injury incurred while a participant of this camp.

Parent or Guardian Signature _____