





## **Sport Performance Camp**

• Who: Children Entering Grades 2<sup>nd</sup> through 6<sup>th</sup> in Sept of 2022

• Where: Charles H. Bullock Elementary School

55 Washington St. Montclair, NJ 07042

• When: Week 1: July 5 - July 8 (Camp closed on Monday, July 4th.)

Week 2: July 11 – July 15 Week 3: July 18 – July 22

Week 4: July 25 – July 29

• <u>Time:</u> 10:00am - 2:00pm

• <u>Fee:</u> \$200 per week (\*\$175 week of July 5<sup>th</sup>)

Parents/guardians provide transportation and lunch

(NOTICE: NUT FREE ENVIRONMENT)

• <u>Director:</u> Ryan Corbosiero (P.E. Teacher)

Email: <a href="mailto:rcorbosiero@mail.montclair.k12.nj.us">rcorbosiero@mail.montclair.k12.nj.us</a>

Phone: (973)332-6470

<u>Camp Description:</u> Next Level Sport Performance Camp is designed to help students improve all aspects of athletic functioning and enhance overall health and wellness. You will learn the basics of form running to improve speed, perform agility drills to improve quickness, develop strength by learning proper technique of bodyweight and light resistance exercises, and improve flexibility by executing various mobility exercises. Students will also play sport games and fun games to learn teamwork strategies and sportsmanship.

Register Online at www.myschoolbucks.com

No refunds after June 3, 2022

MFEE Scholarships Available