RUNNING FOR YOUR LIFE
NOT FOR PROFIT PERFORMANCE GROUP

The Olympic Sports Development Camp

Skill Development & Drills & Confidence building techniques Games – Water Balloon Fight, Soccer, Basket ball…

Sports Nutrition & Healthy Eating

Media Training Student-Athletic/ Academic Training

RUNNING FOR YOUR LIFE
NOT FOR PROFIT PERFORMANCE GROUP

Excursion (Movies, Parks, etc)

Schedule of Weekly Events:

8:45am	Drop off at Pine Ridge SS
9:00am	Introduction
9:30am	Skills Development Training #1
11:00am	Break
11:15am	Games/Activities
12:15pm	Nutritional Lunch Break
1:00pm	Skills Development Training #2
2:30pm	Break
2:45pm	Games/Activities
3:45pm	Wrap Up
4:00pm	Dismissal and Pick Up at Pine Ridge SS

Running For Your Life will provide all snacks and drinks during the Breaks. We will serve fresh fruit/vegetables and juice/water.

We will also have sunscreen on hand should your child require more.

Weekly excursions are included and more details at the beginning of each week will be provided with consent forms should these be required.

Parent/Athlete Responsibilities:

Lunch
Water
Hat
Sunscreen
Comfortable Shoes – Running Shoes are a MUST Proper clothing for physical fitness & change of clothes All necessary medication with instructions required.

*All clothing and other items should be labeled clearly with your child's name.

Running For Your Life will not be responsible for lost or stolen items.

Social Media/Hand Held Devices.

We understand the need for communication with your child via cell phones. We do ask however that during our training sessions all phones are put away. However, during out Media Training, we will encourage the use of cell phones and social media for kids as part of their learning experience.

Running For Your Life will not be responsible for lost or stolen electronic devices.

Attitude at Camp:

Running For Your Life encourages all Athletes to come to come to Camp with a positive attitude, willing to learn new skills and to meet new friends. We look forward to the development of skill specific training for your child and fun games and activities designed to promote the skills they have learned.

Athletes who are a distraction to others will be asked to sit out from the activities and issues will be addressed with parents. It is our goal to keep all sessions fun, interactive, creative and positive.

RUNNING FOR YOUR LIFE
NOT FOR PROFIT PERFORMANCE GROUP

Communication with Running For Your Life Staff

1. Should your Athlete be sick or unable to attend, please let us know as soon as possible.

2. Failure to pay for early drop off/late pick up will result in your child not being able to participate in our Olympic summer Camp.

3. Should you need to reach us for any reason during regular camp hours please contact Coach Randy Brookes at 647-297-2639.