



**Youth Summer Athletic Conditioning Mini Camp
Registration Form**

Coach: Liz Moss (visit www.upgradelifestyleinc.com for coach bio)

Details:

- Open to boys & girls ages 7-11 (or coach approval necessary)
- Tuesday/Thursday, July 14th, 16th, 21st, 23rd, 28th, 30th
- 9:00-10:30am
- Moss residence-7117 Country Spring Rd, New Tripoli (location may vary – a schedule will go out before the first day)
- Camp activities include agility training, strength & core conditioning, running (improving mile), nutrition education, games and more!
- Campers will be invited to participate in a 1-mile run in the Lehigh Valley Parkway on August 8th
- Campers will receive an UpGrade Lifestyle water bottle, healthy snacks and participation certificates

What to bring:

- Water
- Large towel or yoga mat
- Jump rope
- Notebook or journal
- A GREAT attitude!

Cost:

\$90 per child – 10% discount for 2nd child (Sorry no refunds!)

Registration Deadline: July 1st - space is limited so please register ASAP!

Name _____

Date of Birth/Age _____

Address _____

Phone(s) _____

Emergency Contact Info _____

Email _____

Sports/Activities Participated in: _____

Hobbies/Interests include: _____

Form of Payment(s) accepted:

- Check – (made payable to UpGrade Lifestyle)
- Credit Card – Visa MasterCard Discover AMEX
 - Name on Card _____
 - Card Number _ _ _ _ - _ _ _ _ - _ _ _ _ - _ _ _ _
 - Expiration Date __ / __
 - Signature _____

Mail payment & registration forms to: **UpGrade Lifestyle**, c/o Liz Moss, 7117 Country Spring Rd., New Tripoli, PA, 18066. Or email forms to: liz@upgradelifestyleinc.com. Questions? Call 610-533-1141.