



GIRLPOWER SUMMER 6-WEEK TRAINING CAMP

Cost is only **\$249!** Session: **6/14 to 7/21**

Join Us for a Fun Summer Camp

The Training For Warriors (TFW) summer camp encompasses signature warm-ups, speed training, strength training, endurance training, flexibility work, nutrition education and games specifically for kids. The camp will be held at TFW Ponte Vedra Beach, 1110 A1A North (next to Mickler's Beach).

TFW helps improve confidence and self esteem while having fun!

Limited space! 25 girls per group.



Registration Form

Select a Session:

5-8th Grades
1-2pm, Tues/Thurs

5-8th Grades
2:15-3:15pm, Tues/Thurs

2nd-4th Grades
3:30-4:30pm, Tues/Thurs

Parent's Name: _____ Cell Phone: _____

Parent's Email: _____ Child's Name: _____

Emergency Contact Name and Cell Phone: _____

My Child's Medical Concerns: _____

TOTAL ENCLOSED:

\$

Payment due by June 5th

- **Checks:** Make payable to TFW PVB and mail to Phil Squatrito, 402 Mahi Drive, Ponte Vedra, FL. 32081
- **VENMO:** @phil-squatrito
- **Questions?** Reach out to Phil Squatrito at (973) 723-7388