

**2022 SUMMER FITNESS CAMP  
BETTENDORF MIDDLE SCHOOL**

Dates: June: 14<sup>th</sup> 16<sup>th</sup> 21<sup>st</sup> 23<sup>rd</sup> 28<sup>th</sup> 30<sup>th</sup>  
July: 7<sup>th</sup> 12<sup>th</sup> 14<sup>th</sup> 19<sup>th</sup> 21<sup>st</sup> 26<sup>th</sup> 28<sup>th</sup>

Times: 9:00 a.m. – 11:00 a.m.

- Activities: 1<sup>st</sup> Hour and 20 Min
- Agility, Acceleration, Speed Work Outs
  - Ladders - Speed Hurdle Training-Footwork Drills
  - Core Strength and Cardio
- 2<sup>nd</sup> 40 Min
- Games/Sports
  - Mat Ball, Dodge-ball, Capture the Flag
  - Basketball, Soccer, Volleyball

You do not have to come to all sessions. We have an open-door policy.

Who: All incoming 6<sup>th</sup> graders and any 7<sup>th</sup> or 8<sup>th</sup> grader for the 2022 – 2023 school year.

Instructors: Mr. Cole, Mr. Budde & Mr. Hernandez

Cost: \$50.00

Make checks payable to: **SUMMER FITNESS CAMP**

Sign up: Send payment and parent signed form to Bettendorf Middle School – Attn. Mr. Cole or Mr. Budde c/o BMS 2030 Middle Rd., Bettendorf, IA 52722.

\*\*We would like to have all students who are interested be able to participate, if finances are an issue please contact one of us.\*\*  
Middle School # 563-359-3686 (leave a message)

[summerfitnessbmsbettendorf@gmail.com](mailto:summerfitnessbmsbettendorf@gmail.com)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Grade (fall 2022): \_\_\_\_\_

Telephone #: \_\_\_\_\_

We have adequate health insurance and will not hold employees responsible for any injuries that may occur while our son/daughter is a participant at the Bettendorf Middle Summer Fitness Camp. 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.

Signature of parent/guardian: \_\_\_\_\_