

Release Form and Emergency Information

Parent or Guardian: _____

Work # _____

Home # _____

Cell: _____

Email: _____

Please list others adults you authorize for pick-up :

Name: _____

Cell # _____

Name: _____

Cell # _____

I understand that whoever completes the registration form for this child will be held responsible for all payments made regarding summer tennis camp.

Also, no party, other than those listed on this page as "Responsible Party" will be permitted to alter any information in this registration packet including, among other things, the authorization of any party signing out this child. Any changes that need to be made will be made in writing and submitted directly to the camp office personnel by the "Responsible Party"

Responsible Party Signature

Date _____

Please read and sign:

Upon entrance into the 2010 Palisades Country Club Fit

Camp, I (we) hereby waive and release PCC and the Tim Wilkison Sports Complex, their officers, officials, and counselors from all claims, liabilities, and demands of every kind, nature and description which may be suffered or sustained in connection with activities during the camp and any period traveling to and from the same.

Date: _____

Parent of Legal Guardian Signature

Health History

Doctor's Name _____

Phone _____

Dentist Name _____

Phone _____

Please list all known medication allergies, food allergies and other allergies.

Please list any dietary restrictions:

Are there any chronic health conditions:

Yes or No (Circle one)

Is your child taking any medications on a regular basis:

Yes or No (Circle one)

Is your child currently under physician's care?

Yes or No (Circle one)

Would you like a camp official in charge of administering medical aid or medications during camp hours to contact you? Yes or No (Circle one)

Contact Phone: _____

Contact Address: _____

THE PALISADES
COUNTRY CLUB

Kids Fit Camp Summer 2010



A Camp that enhances athletic ability and increases performance for sport by improving speed, strength, agility, balance, and coordination. Fit Camp teaches kids how to have fun through fitness and improves the fundamental movements necessary for sport and optimal development.

Tuff Girl Bootcamps
www.tuffgirlbootcamps.com

803-984-0714

Summer Kids Fit Camp Offerings

Kids Fit Camp– For 7 to 12 year-olds

Time: 9:30 AM to 1 PM Monday-Friday

Programs designed to improve all aspects of fitness and athletic ability for kids of all levels of ability. Great for preparing kids for any sport! Also great for getting kids active and giving them a love for fitness!

Cost: \$150/wk, non-members \$175

10% discount offered for additional weeks or for siblings.

Early drop-off and late pick-up can be arranged.

Teen Fit Camp-For kids ages 12 to 18

Time: 3 PM to 5 PM Monday-Friday

Designed specifically for teens to help them stay strong as their bodies transition and teaches the importance of maintaining their fitness. Great for teens in sports, but also great for those who do not play a sport.

Cost: \$100/wk, non-members \$115

Speed Camp-Ages 12 to 18

Time: 1:30-3:00 PM Monday-Friday

A more advanced fitness camp for kids who are in a sport and are desiring to improve their speed and movement for their sport.

Cost: \$125/wk, non-members \$150

Kids Fit Camp Typical Schedule

9:00 AM to 9:30 AM Check-in

9:30-10:30 AM Warm-up/Workout

10:30-11:30 Games plus snack break

11:30-12:00 Dynamic stretching routine

12:00 –1:00 Lunch and pool time

1 PM Checkout

Camp Registration

Campers Name _____

Age _____ **DOB** _____

Parent/Guardian _____

Street _____

City _____

State _____ **Zip** _____

Phone (H) _____

Phone (M) _____

Camp: Kids Teens Speed
(circle one)

Camp Weeks Offered: (circle)

June 14-18, June 21-15, June 28-July 2

July 5-9, July 12-16, July 19-23

July 26-30, Aug 2-6, Aug 9-13

**Make checks payable to and mail to:
Kids Fit Camp, PCC**

**Palisades Sports Complex
13417 Grand Palisades Parkway
Charlotte, NC 28278**

If you have any questions, please call or email us at 803-984-0714 or julies@thepalisadesc.com. More details at www.tuffgirlbootcamps.com.



Camp Director, Julie Sawyer

Julie Sawyer is an energetic and versatile personal trainer and tennis pro with years of experience working with kids of all ages.

She is the Fitness Director at The Palisades Country Club and holds certifications from ACE as a personal trainer and the International Youth Coaches Association as a Kids Fitness Specialist.

Her strongest quality is the ability to deliver quality instruction to kids of all ages while making class fun and interesting. Julie has taught kids at The American Tennis Academy, Orchard Park, Olympic High School, the Sanctuary, and The Palisades.

Julie's Accolades:

Recognized by leaders in fitness as one of the nation's up-and-coming trainers.

4-year scholarship earner and starter for Clemson Women's Tennis Team

ACC Athlete of the Week

Team Captain and Most Improved, Clemson

SC Jr. Tennis Player of the Year

SC Women's Tennis Athlete of the Year

Holds over 15 State Championships



7/21/2009