

Stars & Stripes Warrior Training 2017 Camp Spotlight



June 19-23, 2017	1:00-4:30pm
July 17-21, 2017	8:30-12:00pm
Aug. 7-11, 2017	8:30-12:00pm
Aug. 28-Sept. 1, 2017	8:30-12:00pm

(5-7 yrs. & 8-14 yrs.)
Day \$33 Week \$127

Back again by popular demand, Stars & Stripes Camp Kids brings you Warrior Training Camp! We will be testing these campers on their balance, endurance, strength and more as we take them through different tasks and obstacle courses. Each day campers will work as individuals and in teams to pass different tests and courses in a timely manner to earn points. We will see who will be able to climb Mount Michigan the quickest. Stars & Stripes has purchased state of the art warrior training equipment that is dedicated solely to our warriors. We also have additional equipment to make our warriors soar with our foam pits, balance beams, tumble tracks, climbing and swing ropes, bars, oversized mats and spotting blocks, and spring floors. Campers are guaranteed to climb into fun and face great challenges at our Warrior Training Camp. Bring a bathing suit and towel for water activities on Friday.

Monday: Team Ninja Warrior To start off our ultimate week we will be assigning teams and building relationships as warriors. We will learn some general strength exercises as well as practice our level 1 obstacles! We will create a weekly time card to keep track of our speed and improvements throughout camp. Focusing on body control we will learn all the basics for our upcoming challenges later on in the week!

Tuesday: Ultimate Strength Today we will continue our warrior training by testing our limits! With various strength and agility tests we will accomplish the ultimate human feats. We will be creating a protein packed snack (that will be taken home on Wednesday) that will give us the energy boost to tackle any obstacle. Focusing on functional strength training we will set our own personal records to build off of!

Wednesday: Stealth and Agility Next to strength, our ability to move quickly and controlled is just as important. Today we will attempt to move through various tasks without notice or disruption as quickly as we can. This will come with jump training and free running challenges. We will also be making team hats today!

Thursday: Practice and Preparation With a focus on hydration and sports nutrition we will learn all about how to prepare for our final obstacle course on Friday! We will be climbing, swinging and jumping our way over and under obstacles until we can complete the challenge with the ultimate speed! We will also continue our strength and agility training with various high energy games.

Friday: Splashing to the top of Mount Michigan It's the Final Run! We will warm up and then test all our warriors on the course they have been training for all week! We will award our campers for speed, strength and improvements throughout their training. The fun doesn't have to end just because camp does! We will be making take home exercise dice to keep us in tip top shape for the next time our warrior skills are needed. Then we will finish our week with climbing our inflatable water slide Mount Michigan! Please bring your swimsuit, towel and apply sunscreen for some water fun.



Stars & Stripes Kids Activity Center
4630 White Lake Rd. Clarkston, MI 48346
248-625-3547 www.StarsandStripesKids.com

