



GOLDEN EAGLES

FUN & FITNESS CAMP

Times:

Session 9:00 to 12:00
June 25th to 29th, 2012

Who:

Boys and Girls
Going Into 5th to 9th Grade

Where:

Valley Forge Middle School
105 West Walker Road
Wayne, PA 19087

Half Day

\$150 before June 18th
\$175 after June 18th

Camp Directors:

Mike Semar
Pat Ryan

The philosophy of the Golden Eagles Fun & Fitness Camp is for the campers to have fun through exercising and playing games.

Campers are encouraged to bring a snack and their own water bottles.

There will be plenty of water available to refill your water bottles throughout the day.

Campers will participate in team, individual, cooperative, and fitness challenges. Campers will be divided into different groups that will rotate through the various games.

The activities will be run by health and physical education teachers, that teach at Valley Forge Middle School.

The emphasis of the activities will be playing and exercising, not skill development.

If you have any questions or wish to get more information about the Golden Eagles Fun and Fitness Camp, email the camp directors: Mike Semar at semarm@comcast.net or Pat Ryan at coachryan3@verizon.net.

Golden Eagles Fun & Fitness Camp

Please make checks payable to: Golden Eagles, LLC.

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| Name |
| Address |
| City / State / Zip |
| Home Phone |
| Emergency Contact Phone Number |
| Medical Insurance Company |
| Policy Number |
| Allegies / Medications to be taken at camp: |

PLEASE SEND FORMS TO:

MIKE SEMAR / PAT RYAN - VFMS

Golden Eagles Fun & Fitness Camp
105 West Walker Road
Wayne, PA 19087-1193

| | |
|------------------------------|---------------|
| Age | 2012-13 Grade |
| School Attending in 20012-13 | |
| E-Mail Address | |



In consideration of acceptance of this form, I hereby for myself, my heirs, administrators, and assigns waive and release any and all rights and claims for damages I may have against the sponsoring organizations, or their representatives, successors and assigns, arising out of any and all injuries suffered by me while participating in the Golden Eagles Fun and Fitness Camp. Parent and/or guardian agrees to indemnify and hold harmless the sponsoring organizations, represent successors, and assigns, for any and all damages from injury received by the minor participating in the Golden Eagles Fun and Fitness Camp.

Signature of Parent/Guardian

