



Get Fit Families, LLC

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Get Fit Families Youth Camps 2017

Youth and Junior Elite Summer Program

The Youth and Junior Elite training and camps are open to all youth and junior athletes interested in racing triathlons. These athletes must own a road bicycle, they should be able to swim 200 yards comfortably and they should be able to run 1 mile comfortably. Their goal should be to attend local races and have interest in attending the Youth National Championship Race on August 4 & 5 in West Chester, OH.

Pay one fee for your child to participate all summer! May 1 to August 31, 2017.

The summer programming includes the following...

- Includes four Youth and Junior Elite Camps, the GFF Cross Country Camp and one Youth Open Camp of your choice. You will also receive 50% off any additional open camps you choose to attend.
- All training sessions from May 22 through August 15, 2017
- All Open Water Swim Sessions from May 22 through September 18.
- All Open Water Swim Races from June through August
- All Coaching at 10 races, triathlons, track meets and running races, open water swims and swim races, cycling races and trainings at the oval. This includes coaching at Youth Nationals.
- Training Peaks online training calendar from May 1 through August 31.

Entry Fee into the following races (each child will receive their own code to register for the races online). Races include...

- The Mighty Moraine Man Spring Sprint May 21
- The Get Fit Families Zelig Youth Triathlon June 18
- The Firecracker 5K July 4
- The Mighty Moraine Man Multi Sport Festival and Mini Moraine Man Youth Triathlon July 22 & 23
- The Mighty Moraine Man Fall Sprint Event

**We will have discounts for families that have more than one child. Please speak to Joella directly regarding multi sibling discounts for the youth and junior elite program.

The total value of the summer program is \$2610.00. Youth and Junior Elites who want to sign-up for the entire summer program will pay \$1,750.00. Almost a 30% savings. If you feel your child may not be able to attend all the events listed, there are prorated rates for weeks your child will not be at a training or a camp. You can also purchase camps, training and events separately.

Youth and Junior Elite Summer Camps and Trainings

June 5-9, 2017: Youth and Junior Elite Camp: Zelianople Community Park and Moraine State Park 8:30 to 12:30. Monday will be 1:00 to 4:30 PM and Open water swim at 5:00 PM at Moraine. Tuesday: Zelig Park, Wednesday: Moraine, Thursday: Moraine, Friday: Zelig

June 12-16: Youth and Junior Elite Training: Afternoon and evening training sessions. TBA

June 19-23, 2017: Youth and Junior Elite Camp: Zelianople Community Park and Moraine State Park 8:30-12:30. Monday: Moraine, Tuesday: Zelig Park, Wednesday: Moraine, Thursday: Moraine, Friday: Zelig

June 26-30: Youth and Junior Elite Training: Afternoon and evening training sessions. TBA

July 3-7: Youth and Junior Elite Training: Afternoon and evening training sessions. TBA

July 10-14, 2017 Youth and Junior Elite Training: Cross Country Camp from 8:30 to 12:30 and triathlon training from 1:00 to 4:00 PM at Zelig Park

July 17-21, 2017 Youth and Junior Elite Training: Afternoon and evening training sessions. TBA

July 24-28, 2017 Nationals and Youth and Junior Elite Camp. Zelianople Community Park and Moraine State Park. 8:30 to 12:30. Monday: Moraine, Tuesday: Zelig Park, Wednesday: Moraine, Thursday: Moraine, Friday: Zelig

July 31- August 2, 2017 Mini Youth Nationals Camp: Moraine State Park or Zelig Park. Monday: 2:00 PM to 4:00 PM and open water swim at 5:00 PM. Tuesday and Wednesday: 9:00 am to 12:00 pm.

August 7-August 20 Youth and Junior Elite Training: Afternoon and evening training sessions. TBA



Youth Open Camps, all at Zelianople Community Park

Youth open camps are available to all youth regardless of their abilities. Beginners to elites can enjoy these camps and benefit from them. These camps are fun and meant for kids who want to be active and learn the sport of triathlon or improve their current triathlon skills.

All youth will receive a camp T-shirt, a finisher medal, a race on the final day of camp and all their food, snacks and drinks are provided for the week.

Youth who are still not comfortable swimming, kids who may not be able to ride a bike well and kids who may not be able to run very far can all attend our open camps to have fun, build self-esteem and learn new skills. All USA Triathlon fees and pool fees are included in the price of the open triathlon, running and strength camps.

June 12-16, 2017: Youth Triathlon Open Camp: Ages 4-15 years of age. Zelianople Community Park 8:30-3:30. \$275

June 26-30, 2017: Youth Triathlon Open Camp: Ages 4-15 years of age. Zelianople Community Park 8:30-3:30. \$275

July 10-14, 2017 Cross Country Camp: 8:30 to 12:30. Zelianople Community Park. \$125. Ages 5 to 18.

July 17-21, 2017 Youth Triathlon Open Camp: Ages 4-15 years of age. Zelianople Community Park. 8:30-3:30. \$275

August 14-18, 2017 The Ultimate Zelig Challenge Youth Camp: Obstacle courses, kids strength training, hiking, running, swimming, mud run challenges and more. This is a fun camp for all kids to enjoy. 9:00 to 3:00. \$200 Ages 5 to 14. This also includes your entry into the Ultimate Zelig Challenge event Labor Day Weekend.

Multiple Camp Discounts

1st camp, \$275, 2nd camp \$250, 3rd camp \$225. There is a 20% discount on the cross country camp and the Ultimate Zelig Challenge Camp for those who have attended a triathlon camp.

Sibling Discounts

Sibling 1 \$225, Sibling 2 \$175, Sibling 3 \$150, Sibling 4 \$125

**Half day pricing available and single day pricing available for those who may not be able to attend a full week.

**Scholarship opportunities are available for eligible youth in need of financial support. You must complete a scholarship application to be eligible.

You can register for all our camps at www.getfitfamilies.com. Camp pricing details can be found at our website. This includes multiple camp discounts and multiple child discounts.