



Winning Edge
Sports and Fitness Camp

Kingsbury Country Day School: woods, trails, fields and streams! Combine scenery with the beautiful Justin A. Schwartz Center for Fine Arts and Athletics. Campers will have the perfect venue to spend one to two weeks learning how to gain the ***Winning Edge*** in their fitness and sports nutrition! This camp is your child's guide to performance through proper eating and physical training.

INSTRUCTORS-

David Lumsden- Kingsbury Social Studies Teacher and Professional Chef.

Julie Richmond- Kingsbury PE teacher, ACE Personal Trainer, and ACSM Health/Fitness Instructor.

**Kingsbury Country Day School
5000 Hosner Road
Oxford, MI 48370**

**Information: 248-628-2571 or gokingsbury.org
Registration deadline: Thursday June 10, 2010**

**Camp Dates: Monday July 12th - Friday July 23rd
(one or two week registration available)
9:00a.m. – 3:00p.m. daily**

(childcare/other camp options available for younger siblings)

Children entering 4th through 9th grades (Fall 2010)

Campers will work with a Certified Personal Trainer and a Professional Chef to optimize their Health and Fitness while having FUN!

Each participant will learn to prepare and taste-test great/optimal nutrition recipes for pre- and post event meals for athletes at all levels of training. The *Winning Edge*** will help campers to create a personalized journal filled with recipes, meal plans, and a customized workout program tailored specifically to their individual needs.**

**One week Camp: \$190.
Two week Camp: \$325.**