



Youth Summer Strength and Conditioning Camp

June 12-Aug. 3



Our mission: We help people live better lives through better health.
Our vision: We will be our region's first choice for health and wellness.
Our purpose: Better health begins here.

12965 Ocean Highway • Pawleys Island, SC 29585
843-237-2205
tidelandshealth.org

About the camp

The summer strength and conditioning camp is designed for middle- and high-school students. This eight-week fitness camp offers:

- **Age-appropriate speed, agility and strength training**
- **Improved overall performance and conditioning**
- **A healthy mindset of discipline and competition**
- **A better understanding of healthy exercise habits for life**

Weekly schedule

Tuesdays and Thursdays (at Tidelands HealthPoint)

Males and females, 9-10:15 a.m.

Fridays (at Litchfield Beach)

Males and females, 8-9 a.m.

Camp costs

Early registration by May 31.....\$215*

After May 31 \$265*

**Families registering multiple children will receive a 15 percent discount per additional child.*

Registration includes a full-access Tidelands HealthPoint membership for the duration of the camp.

About the conditioning specialists

Nick McClary

nmcclary@tidelandshealth.org



Nick McClary serves as clinical services manager for Tidelands HealthPoint Center for Health and Fitness. McClary is a licensed physical therapist who played collegiate baseball at the Division II and NAIA level. He has years of experience working with athletes of all ages. He earned his doctorate of physical therapy at the University of Tennessee.

Michelle Dowd

mdowd@tidelandshealth.org



Michelle Dowd is an exercise physiologist at Tidelands HealthPoint. She earned her bachelor's degree in athletic training from the University of New England where she excelled on the collegiate field hockey team. Prior to joining Tidelands

Health, Michelle worked as a clinical exercise trainer as well as the assistant field hockey coach at St. Joseph's College of Maine.

Registration form on reverse

Youth Summer Strength and Conditioning Camp

Registration form

Student name: _____ Age: _____

Participates in these sports: _____

Attends school at: _____

Parent(s) name: _____

Mailing address: _____

Phone: (_____) _____

Registering for: 2018 Youth Summer Strength and Conditioning Camp

June 12-Aug. 3

\$265 (\$215 if registering by May 31)

Payment by cash, credit card or check made payable to Tidelands HealthPoint will be accepted. Space is limited. Save \$50 by registering on or before May 31.

T-shirt size: S M L XL

Attention parents and guardians

We will take photos during camp sessions for use on our Facebook page, marketing pieces, etc.

Please sign the photo release below:

I, _____ do hereby affirm that I am the parent and legal guardian of _____. As such, I do hereby consent to and authorize Tidelands HealthPoint Center for Health and Fitness to use photographs and video of my child for purposes of any form including, but not limited to, advertising, illustration, social media or other publications. Please list any restrictions or exceptions to this permission below.

Signature _____

Return this completed form and payment to Tidelands HealthPoint or mail to:

Tidelands HealthPoint Center for Health and Fitness

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