



# BOOTCAMP



October 28 -December 20

## HOLIDAY HUDDLE



- Daily 10 minute challenges to earn touchdowns as a team
- Each bootcamp is a team, go to as many as you like to be on multiple teams
- Yards will be assigned to exercises in the challenge, work together as a team to complete as many yards as you can to earn touchdowns
- Recruit boot campers to your team to maximize points
- Yards will be added up and averaged out per person in each boot camp. Yards per person will be converted to touchdowns for final score.
- Winning team for the week will be put on MVP TROPHY!
- **BYE WEEK:** Thanksgiving week– watch for special schedule

Monday	Tuesday	Wednesday	Thursday	Friday
5:45am Maddie	5:45am Dan	5:45am Maddie	5:45am Kristina	5:45am Laurie
12:00pm Maddie		12:00pm Dan		12:00pm Maddie
5:30pm Kristina	5:30pm Dan	5:30pm Kristina	5:30pm Maddie	

**COST: MEMBER- \$100, NON-MEMBER- \$120**

\*Schedule and trainer subject to change. Please check website and social media for any changes cancellations.

Questions: contact Cathy Elness– [cathy.elness@scymca.org](mailto:cathy.elness@scymca.org) or Kim Johnson- [kim.johnson@scymca.org](mailto:kim.johnson@scymca.org)