



Summer 2023
Mesa High School
Kid Fit Camps
Designed for 5th, 6th, and 7th graders.

Reserve your Spot today!



When:	Session 1: May 30 th – June 8 th Session 2: June 19 th – June 29 th
Cost:	\$50 per 2-week sessions or \$60 mail in/bookstore \$85 for both sessions or \$95 for mail in/bookstore
Where:	Mesa High School Athletic Performance Complex 1630 East Southern Avenue Mesa, Arizona 85204-5220
Who:	5 th -6 th -7 th graders (2022-2023 school year)

Inform, Instruct, Inspire

Camps are designed to introduce the aspiring young student-athlete to the building blocks of the M.E.S.A. Athletic Performance long term approach to developing the whole athlete mentally, and physically.

Athletes will be introduced to the fundamental movement patterns in strength training. The skills of sprinting, starting and stopping, jumping and landing will also be emphasized. A layered approach will be used to help the young student-athlete acquire confidence and skills the M.E.S.A. Way! Carry On!

Contacts: Mesa High School Director of Sports Performance- Bill Roberts whroberts@mpsaz.org

- **Dates and Times:** **Session 1:** May 30th - June 8th - M-T-W-Th - 10:30am-11:30am
 Session 2: June 19th – June 29th - M-T-W-Th - 10:30am-11:30am

Pay online and receive a discount, register online at <https://az-mesa.intouchrecepting.com/>.

No refunds unless camp is canceled.

Student Name:	Grade: _____ Age: _____
Parent/Guardian:	School: _____
Phone:	Student ID#:
Email:	
Emergency Contact Name:	Shirt Size: Adult sizes only
Phone:	<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL
I give permission for my child to participate in the sports program listed. I/we understand all risks and hazards incidental to such participation and do hereby waive, release, absolve, indemnify and hold harmless Mesa Public Schools and the school from any claim arising out of any injury to my child.	
Parent Signature: _____	
I give permission to photograph my child during camp participation for publicity use and/or news release. <input type="checkbox"/> YES <input type="checkbox"/> NO	
Does your child have health conditions/concerns of which staff should be aware? If so, please explain:	
PAYMENT: To pay by debit card or credit card and receive a discount, register online at https://az-mesa.intouchrecepting.com/ For online payment questions please email mpswebp@mpsaz.org . For camp-related questions, contact the coach listed above. For camp-related questions, contact the coach listed above. Check # _____ Check amount \$ _____ Make checks payable to Mesa Public Schools.	
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