



# GRAND SLAM CAMP

## Maxwell Place Park

A 2-Hour Drop-Off at Maxwell  
Place Park

### **SUMMER 2015**

**Join us for a grand slam of a camp at Maxwell Park in Hoboken for ages 3 to 6 from 9am to 11am! The Inner Athlete has been holding Grand Slam classes all year long, all taught by certified P.E. Instructors. Let us teach your child the benefit of sports!**



[www.theinnerathlete.net](http://www.theinnerathlete.net)

For More Information email  
[info@theinnerathlete.net](mailto:info@theinnerathlete.net)  
or call (973)919-7232



## Letter from Coach Lisa

*“Ever since I was a little girl, I loved all sports. I now realize, it was one of the best things for me. Somehow, even as a child, I knew that moving my body and staying active was good for me, mentally, physically, and socially. I was very lucky and am extremely grateful that I was exposed this type of lifestyle at an early age.*

However, **many children do not have the benefits I had.** It is also evident that many things have drastically changed in the past thirty years. Technology is an amazing tool that has enhanced our lives in many ways but somehow it has replaced one of the most important parts of childhood...**ACTIVE PLAY!** My true calling was just this: *showing young people a similar fulfillment that I had found in sports and movement.* After this revelation, I decided to follow my dreams and received a Masters degree in Physical Education and Health.

By day, I am physical and health educator in the inner city. I've introduced an innovative health and fitness program to my students that focuses on the idea of choice and interest. I've realized however that students do not have enough time in PE class per week to reap the benefits it could offer. With the education system changing rapidly and so much emphasis on test scores, PE class is becoming a thing of the past. As a result, we have seen a rise in childhood obesity, diabetes, and a generation of sedentary children. This is why I decided to launch, “The Inner Athlete. *“My goal for TIA is to help each child in discovering physical activities they enjoy and feel confident doing eventually leading to the love and appreciation of lifelong health and wellness.”*



### What can I expect?

- Different sports theme each week!
- Everyday begins with a warm-up and a yoga inspired cool down!
- All classes will be held outside!
- The Group to Coach ratio is 5:1!
- Your child to have a blast!

### When does it start?

Session I: July 6 - July 24  
Session II: July 26–August 14

### Where is it?

Maxwell Park Place  
1025 Maxwell Place  
Hoboken, NJ 07030

## Who are the TIA Coaches?

The Inner Athlete Coaches and Staff Members all subscribe to the belief that teaching the fundamentals of each sport enriches children at all levels, ages and skills. These are things that last beyond the end of the game - and linking these experiences on the field to bigger life lessons. It provides an unforgettable experience that will set the stage for how your child relates to athletics throughout their life. All of our summer coaches are certified PE teachers that continue their love of teaching sports with the TIA summer athletes

## How Do I Register?

- To register or for any questions about the GRAND SLAM SUMMER CAMP. E-Mail [info@theinnerathlete.net](mailto:info@theinnerathlete.net) or call (973) 919-7232
- Register by March 15<sup>th</sup> and receive a 15% discount
- Register by April 15, 2015 and receive a 10% discount!
- Sibling discount of 15%. Cannot be combined with another discount.
- Full payment must be made at time of registration. A 50% refund will be given if cancellation is made before May 15th.

\*Camp will NOT be held in the case of inclement weather. Please check our Facebook page, email [info@theinnerathlete.net](mailto:info@theinnerathlete.net) or you text (973)-919-7232. A Make-up or voucher for an afternoon TIA will be honored. Ask for more details.

## Our Packages/Prices:

### Home Run Total Package (Option 1)

*Full 6 Weeks, 5 Days/Week*

-Includes 6 pack of afternoon Grand Slam Classes, a TIA T-Shirt, and TIA Backpack.

Price: \$960

### Grand Slam Package (Option 2)

*Full 6 Weeks, 3 Days/Week*

-Includes 3 pack of afternoon Grand Slam Classes, a TIA T-Shirt, and TIA Backpack.

Price: \$684

### Session Hit Package (Option 3)

*Session 1 or 2*

*3 Week Session for 5 Days/Week*

-Includes 2 pack of afternoon Grand Slam Classes, a TIA T-Shirt, and TIA Backpack.

Price: \$600

### Run Around the Bases (Option 4)

*Session 1 or 2*

*3 Week Session for 3 Days/Week*

-Includes 2 pack of afternoon Grand Slam Classes, a TIA T-Shirt, and TIA Backpack.

Price: \$378,

\*Other options available.