



Youth Summer Strength and Conditioning Camp

June 14-Aug. 5



TIDELANDS HEALTH
HEALTHPOINT CENTER
FOR HEALTH AND FITNESS

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 conditioning and strength exercises**
- **Improved overall performance and conditioning**
- **A healthy mindset of discipline and competition**
- **A better understanding of proper nutritional and exercise habits for life**

Weekly schedule

Tuesdays and Thursdays (at Tidelands HealthPoint)

Males, 8-9:15 a.m. • Females, 9:30-10:45 a.m.

Fridays (at Litchfield Beach)

Males and females, 8-9 a.m.

Camp costs

Early registration by May 31\$195*

After May 31 \$245*

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

About the conditioning specialists

Brad Gilkeson

bgilkeson@tidelandshealth.org



Brad Gilkeson received his bachelor's degree in health science and athletic training from Bridgewater College. He holds a master's degree in kinesiology from James Madison University. Before joining Tidelands HealthPoint in 2004,

Brad was the head strength and conditioning coach at Wofford College. There, he worked with a football program that went on to win the Southern Conference title and make it to the semifinals of the FCS playoffs.

David Nelson

danelson@tidelandshealth.org



David Nelson received his bachelor's degree in exercise science from Lander University, where he was a scholarship basketball player. He later served as the strength and conditioning coach for the Lander tennis team. David is Etcheberry-

certified in strength, conditioning and movement for tennis. He joined the Tidelands HealthPoint staff in 2010.

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: 2016 Youth Summer Strength and Conditioning Camp

June 14-Aug. 5

\$245 (\$195 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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