

SHAPE 2010

Sky High Adventure Program Experience

Summer Youth Multi-Sport Camp

SHAPE Mission is to provide:

- ◇ Fun & Excitement
- ◇ Swim, Bike & Run Skills
- ◇ Self Confidence
- ◇ Sportsmanship
- ◇ Physical Challenges
- ◇ Healthy Lifestyle Choices
- ◇ Safety as #1 Priority



SHAPE is a positive alternative to traditional sports camps for athletes ages 7 to 15. We offer a wide variety of fun-filled multi-sport games, training and activities led by experienced educators and coaches.

While playing games and taking lessons, SHAPE Kids/Athletes learn multi-sport skills and develop endurance, agility, speed and techniques in an age-appropriate individualized program. Kids get lots of attention and feedback as well as time to relax, make friends and have fun.

Ultimately, our goal is for SHAPE Athletes to have fun and develop healthy, active lifestyles that lead to life-long outdoor enjoyment. Athletes receive group lessons in swimming, biking, trail running, hiking and much more. SHAPE is sure to keep all athletes excited, challenged and safe.

SHAPE is a USA Triathlon Sanctioned Youth Camp. USAT membership is required at a nominal fee of \$5. Become a USAT member before camp begins by going to www.usatriathlon.org

8th Annual Sky High Kids Triathlon

On Saturday, July 17th we will offer our 8th Annual Sky High Kids Triathlon at Grafton Lakes State Park. SHAPE Kids train on the race course on Fridays.

Get into SHAPE and have a blast!!!

Activities Include:

- ◇ Fun, Friends & Games
- ◇ Swimming
- ◇ Biking
- ◇ Running
- ◇ Hiking
- ◇ Triathlon
- ◇ Adventure Activities



Meeting Sites and Times:

SHAPE will run 9am to 5pm weekdays. Early drop-offs (8am) are available for an additional fee.

SHAC Sessions 1 to 5:

Mondays, Tuesdays and Thursdays begin at the Sky High Adventure Center (SHAC) in Averill Park. Wednesdays start at the CTP or the Corning Preserve and Fridays are at Grafton State Park.

*NEW Erie Canal Bike Trip Session 6:

Begins in Lockport NY and follows the Erie Canal towards Albany. Athletes will ride 40-60 miles per day and camp at night. Training for this trip will begin in April and athletes (ages 12+) will need to apply for a spot by April 30th. Contact Coach John by April 1st if you are interested. Carpooling may be available to the start.

SHAPE Athlete & Parent Orientation:

Orientation will be held at 9:00am each Monday morning at the SHAC.

Equipment Needed:

- ◇ Swimsuit, Goggles & Towels
- ◇ Bike & Helmet (checked by a bike mechanic)
- ◇ Running Shoes & Socks
- ◇ Rain Coat (waterproof nylon)
- ◇ Day Pack (book bag)
- ◇ Nutritious bag lunch & snacks
- ◇ Sports Drinks (3-4 bottles per day)



SHAPE 2010 Registration

Name: _____

Birthday: _____ Age: ___ Gender: M / F

T-Shirt Size: Youth S M L / Adult S M L XL

Parent Name: _____

Address: _____

City/ State: _____

Zip: _____

Phone (home): _____

Phone (work or cell): _____

Email: _____

SHAPE Fees, Sessions & Dates:(ages 7-15)

Please check the session(s) of participation.

- \$250 Session 1 - June 28 -July 2
- \$250 Session 2 - July 5-9
- \$250 Session 3 - July 12-16
- \$250 Session 4 - July 19-23
- \$250 Session 5 - July 26-30
- \$500 Session 6 – Erie Canal Ride* Aug 2-10
- \$30 Per Week Early Drop-off Athlete Fee
- \$10 Per Week Early Drop-off Sibling Athlete Fee

Registration is Limited

Registrations will be accepted by date of receipt of application and a **deposit of \$100**. Balance is due two weeks prior to each session.

Make checks payable to:

SKYHIGH Adventures LLC

Amount Enclosed: \$ _____

Mail To: SKYHIGH Adventures LLC

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Email: SKYHIGHadventures@verizon.net



Website: www.SHAPEcamp.org