

2007



FITT
CAMP

Carnegie Mellon University
 "FITT" Camp
 Department of Athletics
 Pittsburgh, PA 15213-3890

Carnegie Mellon

FITT
CAMP

The Principles of Fitness:

Frequency

Intensity

Timing

Type



2008

BOYS & GIRLS

GRADES 3-8

Monday June 16-26, 2008
 Monday July 7-17, 2008

CAMP OBJECTIVES

The Carnegie Mellon "FITT" Camp is designed to introduce participants to activities that focus on lifetime sports/skills using Carnegie Mellon University Center facilities. Activities may include swimming, tennis, kick boxing, circuit training, racquetball, badminton, hiking (trails), soccer, ping-pong, foosball, shuffleboard, frisbee, track & field events and many others.

CAMP HIGHLIGHTS

- * Limited Enrollment
- * Age & ability grouping
- * Swimming daily 12:30-1:30 pm
- * Lifetime sports & fitness skills taught

INSTRUCTION

- * All campers must have completed Grades 3-8.
- * All campers must bring a brown bag lunch & drink. We will eat from 12:00-12:30.
- * All campers need to bring a bathing suit.

FACILITIES

All activities will take place on the campus of Carnegie Mellon University in the University Center, Skibo Gymnasium, athletic fields, track and tennis courts.

PAYMENT INFORMATION:

Please make checks payable to Carnegie Mellon University and mail to:

**Carnegie Mellon University
"FITT" Camp
Department of Athletics
Pittsburgh, PA 15213-3890**

STAFF

Patty Stragar, Operations Manager for Fitness & Aquatics - Carnegie Mellon University

Patty is certified in zuma, jump stretch, group step, health & fitness for the 21st century, spinning, profile designs & heart rate games, sports nutrition, yoga fundamentals, group strength, kick boxing, aquatic exercise, certified personal trainer and deep water exercise. Patty teaches physical education classes for the Athletic Department including; fitness fusion, aqua at both ends, adult swimming, beginning tennis and beginning golf. Stragar is a certified lifeguard, certified in CPR/AED for the professional rescuer, certified pool operator, registered with Allegheny County as a public bathing place operator and has a category 24 pesticide certification. Patty has her bachelors degree from Kent State University and her masters degree from Ithaca College. Patty was the women's gymnastics coach, synchronized swimming advisor, cheerleading advisor, women's intramural director, taught physical education classes & private lessons in golf and tennis at Northwestern University.

Student Staff

Carnegie Mellon students will assist with the "FITT" Camp (names to be announced).

FOR MORE INFORMATION CONTACT PATTYE 412-551-8763 or pls@andrew.cmu.edu

DAILY CAMP SCHEDULE

Noon	Campers Arrive or picked up from CMITES On Campus
Noon-12:30 pm	Lunch
12:30-1:30 pm	Swimming
1:30-3:45 pm	Various Lifetime Sports/Skills Activities
4:00 pm	Gather at UC turn around for pick-up

ENROLLMENT APPLICATION

Complete and return along with fee before June 1, 2008 or July 1, 2008.

All Week Camper-9 Days	\$135.00
Daily Fee	\$ 15.00
CMUFac/Staff/Second Sibling Discount	\$ 15.00

Name _____ Age _____

Address _____

City _____ St. _____ Zip _____

HPhone _____ B Phone _____

Cell _____

Health Insurance Co & Policy # (VERY IMPORTANT)

Parental Consent

I certify that _____ has been examined by a physician and found to be in good health and able to compete in all camp activities without restriction. Furthermore, I authorize the athletic staff to act for me according to their best judgement in an emergency requiring medical attention. I hereby release the Carnegie Mellon University "FITT" Camp, its employees and Carnegie Mellon University from all claims resulting from any injury my son or daughter may sustain while attending or traveling to and from camp. **ALL FORMS MUST BE SIGNED IN ORDER TO PARTICIPATE!!**

Parent's Signature _____

Date _____

CAMPER-9 DAYS: \$135.00

- | | | |
|----------------------------------|----------------------------------|----------------------------------|
| <input type="checkbox"/> June 16 | <input type="checkbox"/> June 17 | <input type="checkbox"/> June 18 |
| <input type="checkbox"/> June 19 | <input type="checkbox"/> June 20 | <input type="checkbox"/> June 23 |
| <input type="checkbox"/> June 24 | <input type="checkbox"/> June 25 | <input type="checkbox"/> June 26 |
| <input type="checkbox"/> July 7 | <input type="checkbox"/> July 8 | <input type="checkbox"/> July 9 |
| <input type="checkbox"/> July 10 | <input type="checkbox"/> July 11 | <input type="checkbox"/> July 14 |
| <input type="checkbox"/> July 15 | <input type="checkbox"/> July 16 | <input type="checkbox"/> July 17 |

Single Day Sessions \$15 per day