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# York Preparatory School



## High School Summer Sports Camp

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The summer fitness camp at York Prep is geared towards students in the grades 9-12.

The camp consists of plyometric drills for strength, conditioning, speed, and agility. One of York Prep's goals is to make students, returning and new, feel comfortable in their surroundings.

These activities are specified to enhance the overall quality of an athlete to compete at a higher level.

If your child is looking to get faster, stronger, and build more self-confidence, this is a perfect fit for you!

**Date:** Monday, August 20–Thursday, August 23

**Time:** 12:00 P.M. – 2:00 P.M.

**Location:** York Prep Gymnasium/Central Park

**Fee:** \$150 per student

**A medical form for the 2018-2019 school year must be submitted prior to the start of camp.**

**Student's Name:** \_\_\_\_\_

**Grade:** \_\_\_\_\_

**Age:** \_\_\_\_\_

**Amount Enclosed:** \_\_\_\_\_

(Checks should be made payable to York Prep.)

**Registration form and payment are due by August 16, 2018.**

Remit to: York Preparatory School  
40 West 68<sup>th</sup> Street  
New York, NY 10023  
Attn: Peter Bianco, Athletic Director

If you have any questions or concerns please contact Peter Bianco, Athletic Director, at [pbianco@yorkprep.org](mailto:pbianco@yorkprep.org) or 212-362-0400 ext. 116 (work) or 917-715-6508 (cell).