



**OVERVIEW**

LINXX will host two one-week summer training camps for kids age 7-13. We will maintain an emphasis on physical training and skill development through a variety of fun and engaging activities that promote self-confidence, teamwork, respect, and discipline. Daily activities will include morning runs, martial arts technique development, training sessions at Mount Trashmore, and field trips to First Landing State Park and Rock Gym.

**CAMPS**

The cost for the 2010 Summer Training Camp will be \$350 for non-members, \$299 for LINXX students, and \$250 for LINXX students in the Black Belt Club. Additional family members can be registered at 25% off the initial camp fee. Running shoes, athletic wear, and an extra set of attire will be required for all participants.

**EACH CAMP WILL BE LIMITED TO 20 STUDENTS AND WILL BE FILLED ON A FIRST COME, FIRST SERVE BASIS.**

**TRAINING CAMP DATES:**

- 1. July 26<sup>th</sup> through July 30<sup>th</sup>
- 2. August 16<sup>th</sup> through August 20<sup>th</sup>

**TIME:**

9am-4pm

**LOCATION:**

Kempsville

**For further details and questions, please do not hesitate to contact your respective school manager.**

**Ryan Russo**

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Virginia Beach, VA 23464  
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**Mike Paulson**

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757-689-0680

Permission Slip

- July 26<sup>th</sup>-30<sup>th</sup> camp       August 16<sup>th</sup>-20<sup>th</sup> camp

Name: \_\_\_\_\_

Address: \_\_\_\_\_ E-mail: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone (Home): \_\_\_\_\_ (Work): \_\_\_\_\_

In case of emergency, please contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Any know food allergies? \_\_\_\_\_