



SPARTAN BOOTCAMP NEWSLETTER

ISSUE # 3

MARCH 2026

SPRING REGISTRATION NOW OPEN

MONDAYS –FRIDAY MARCH 9 – MAY 29 FRIENDSHIP FIELDS

- MINI BUT MIGHTY (3 -5 YR OLD)
- TOTAL BODY BOOTCAMP
- BEGINNERS BOOTCAMP
- GIRLS ACL INJURY PREVENTION/SPEED & AGILITY
- BOYS SPEED & AGILITY
- JUNIOR ELITE CARDIO
- ELITE CARDIO
- FRIDAY NIGHT LIGHTS

1 NIGHT A WEEK AS LOW AS \$120 UNLIMITED AS LOW AS \$250

SIBLING, MILITARY, FIRST RESPONDER, & EDUCATOR DISCOUNTS ON BOTH DAYS PROGRAM

REGISTER AT WWW.BORDENTOWNSPARTANBOOTCAMP.COM

Remember referrals earn you **1000 Bootcamp Bucks** for 1 day registrations and **2500 Bootcamp Bucks** for Unlimited registrations!

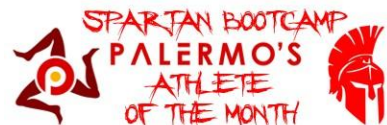
INSTAGRAM PUSH TO 1000

756 **LAST MONTH +26**

Let your family and friends know to follow the most FIRE Insta around @Bordentown-SPARTAN. We are trying to get to 1000 followers so we can do live streams again!

MARCH BIRTHDAYS

- | | | |
|-----------------|--------------------------|-------------------|
| Aiden Cortright | Izzy Moeller | Braylen Hockett |
| Ryder Krowicki | Brandon Moeller | Vinisha Kothamasu |
| Skylar Keating | Kierstin Matushoneck | Liam Delaney |
| Noah Miller | Sammi Brown | Violet Goslin |
| Tristan Meau | Callie Burns | Reilly Pullen |
| Baxter Sandoval | Giuliana Mannino | Clara Crites |
| Kayla Scharnitz | Penelope Vaughn | Mia Fitzwater |
| Miles Rego | Liz Lockington | Marlee Rosina |
| Adam Elaryan | Amber Kirkpatrick | Shannon Kelly |
| Anya Rao | Guliana Rossi | Avery DeLay |
| Dempsey Hayes | Adyah Kumar | Caleb Dean |
| Erick Hodge | Agastya Kumar | Alexa Rodriguez |
| Maddie Chambers | Toryn Fiasco | Brody Myers |
| Andrew Gardner | Noah Elaryan | Jeyan Wozee |
| Caleb Cortright | Margherita de los Santos | Leyonna Robinson |
| Brennan Adams | Wesley Daley | Juliana O'Rourke |
| | Austin Purdy | |



Adeline & Amabelle Dorsey

Remember posting a picture of your SPARTAN wearing their shirt on Instagram or Facebook and tagging me earns them and easy **100 Bootcamp Bucks**, ON TOP of them looking bad ass.

SPARTAN VOLUNTEER SPOTLIGHT: TARYN MAGER

Taryn has been a SPARTAN since the summer of 2023. First discovered playing rec soccer and reluctantly drafted into the SPARTAN Army, she quickly adapted and although was rarely seen smiling during training, worked extremely hard. She is a travel soccer player and plays for the High School. Now a Sophomore at BRMS, she is one of our most dedicated volunteers, helping not just with exercises and one on one with specific beginners, but with attendance and picture taking too.



SPARTAN TEAM TRAINING



10u Newtown Rock



2024 Bordentown Little League All Star Team



10u Hamilton Hurricanes

SPARTAN KICKBALL TOURNAMENT

Friday April 10th (SPRING BREAK) at Joseph Lawrence Park with a tentative start time of 1pm and a tentative end time of 6pm we will be holding a kickball tournament. Anyone, SPARTANS or civilians, from 3rd grade to 8th grade will be permitted to participate. There will be a \$10 entrance fee, to play. Teams will be made on site and multiple games will be going on at once. At the end one team will be crowned champions and receive medals. All participants will receive discounted registration to the upcoming Launch of the SPARTAN Kickball League!



LAST MONTH'S EVENTS



New SPARTAN Blankets are now available. Just \$25 each. Perfect to keep warm at home or throw on the car seats to keep muddy kids from getting the car messy. Dimensions 50" x 60"

The second annual Youth Activities Extravaganza took place 2/21 and had over 20 different youth groups in attendance. SPARTAN Bootcamp once again organized and spearheaded this event with the support of both Bordentown Township and Bordentown City.



SPARTAN Snowball Fight in the park! We didn't let a little snow ruin our fun. We had an hour long snowball fight and tug of war.



THIS MONTH'S EVENTS

BOOTCAMP GLOW

Thursday March 5th at 7pm we will kick off our Spring Season with our Bootcamp Glow Event! Free to all SPARTANS registered for the Spring season, and \$20 drop-in fee for anyone else. Come out and work out with glow sticks and terrible techno music!



SPARTAN LOGADES CORP

Gabriel Bobb	Logan Graf
Liam Bobb	Collin Hartz
Nathaniel Bobb	Joe Hartz
Jaiden Bowen-Lee	Vansh Kapoor
Anthony Crisostomo	Luke Lawyer
Aiden Daley	Leo Mellor
Wesley Daley	Levi Mellor
Cole Derrico	Linc Mellor
Axel Floyd	Bentley Neiderberger
Ruby Floyd	Lily Priano
Cora Gorring	David Rein
Robert Goslin	Mina Vescovi

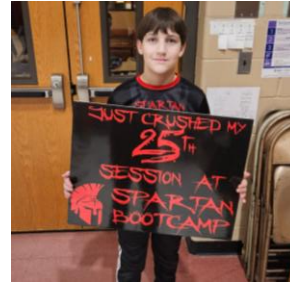
Birth Year	push ups to failure		sit ups in a minute		Complex run	
	Boys	Girls	Boys	Girls	Boys	Girls
2018	12	10	30	30	6:45	6:45
2017	13	11	33	33	6:30	6:30
2016	15	13	36	36	6:00	6:00
2015	16	14	40	40	5:30	5:30
2014	20	15	44	44	5:15	5:15
2013	22	16	47	47	5:00	5:00
2012	25	18	48	48	4:45	5:00
2011	28	20	49	49	4:30	5:00
2010	29	21	50	50	4:30	5:00
2009	30	22	55	49	4:15	5:00
2008	32	23	55	48	4:05	5:00
2007	35	24	55	47	4:00	5:00

THE ELITE OF THE ELITE

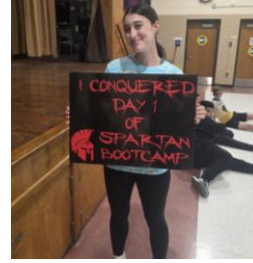
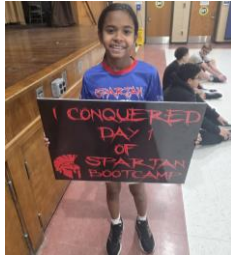
SPARTAN Logades members prove themselves over three metrics and must hit benchmarks that put them amongst the top 10-15% for their age and gender. This earns them the Logades shirt, which cannot be attained any other way.



SPARTAN MILESTONES LAST MONTH



MEET THE NEWEST MEMBERS OF OUR SPARTAN FAMILY



COMING SOON SPARTAN MENTORSHIP PROGRAM

This Spring I am happy to announce the start of the SPARTAN Mentorship Program. I will be selecting individuals who have demonstrated the patience and strength of character to mentor other SPARTANS that may be struggling. More info to come soon!

COMING SOON SPARTAN WARRIOR TRIALS

Coming May we will be holding our first annual "SPARTAN Warrior Trials" This will be an event open to everyone for a small fee. We will have multiple events including sprints, distance running, tire flipping and more. There will be age groups and medals for top place winners. Stay tuned for more details.



NUTRITIOUS SNACK OF THE MONTH

by KC Wellness

SPARTAN Yogurt Protein Snack

Ingredients: (¾ cup) vanilla Greek yogurt, (¼ cup) granola (suggested Magic Spoon Granola), (½ cup) sliced strawberries, (¼ cup) blueberries, Optional: (1 tsp) honey or mini chocolate chips

Directions: Scoop yogurt into a bowl or cup, Add fruit on top, Sprinkle granola, Drizzle honey or add a few chocolate chips if you want it sweeter.

COACH BILL FUN FACT OF THE MONTH

Coach Bill does not know how to whistle. The very sound of whistling aggravates him beyond belief. It is possible that he is actually allergic to whistling.

