



SPARTAN BOOTCAMP NEWSLETTER

ISSUE # 4

APRIL 2026

SPRING REGISTRATION NOW OPEN

SPARTAN BOOTCAMP **SPRING REGISTRATION 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!

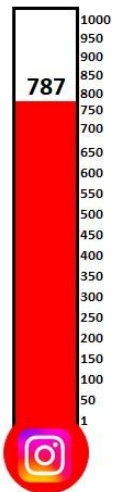
INSTAGRAM PUSH

TO 1000

LAST MONTH +31!

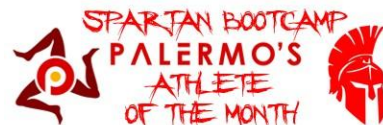
Let your family and friends know to follow the most FIRE Insta around @Bordentown-SPARTAN. We are trying to get to 1000 followers so we can do live streams again!

787



APRIL BIRTHDAYS

- | | | |
|------------------|--------------------|--------------------|
| Gaby Egan | Sophia Stefani | Mina Vescovi |
| Camila Lopez | Adrianna Scharnitz | PJ Vescovi |
| AJ Vaneekhoven | Anthony Nami | Cora Guicheteau |
| Laila Joseph | Emily Nami | Garrett Schmalbach |
| Ronell Harris | Jake Proccacino | Colin Chan |
| Kendall Parks | Jameson Butler | Connor Myers |
| Lucas Brazill | Ryan Brovak | Julie Mandell |
| Owen Castro | Emma Wright | Avery Martin |
| Jaiden Bowen-Lee | Finn Richardson | Leanny Pimentel |
| Connor Calderone | Kaia Wainwright | Katelyn Shute |
| Ishanvi Singh | Maaz Jawad | Chloe Krieg |
| | | Sal Cipriani |



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.

WHAT IS A SPARTAN BOOTCAMP BUCK?

HOW TO EARN BOOTCAMP BUCKS

- Celebrate a Birthday while enrolled in Bootcamp – 25 Bucks
- Achieve a complex personal best time – 40 Bucks
- Text me a picture of your child wearing their SPARTAN Shirt to a public place or event – 50 Bucks
- Attend Bootcamp 3 times in one week (does not count Fun Friday) – 50 Bucks
- Attend Bootcamp 4 times in one week (does not count Fun Friday) – 100 Bucks
- Instagram or FB post of your child wearing their shirt out in public (MUST TAG ME) FB "Bordentown SPARTAN Bootcamp", IG @BordentownSPARTAN – 100 Bucks
- Volunteer at a table or event – 100 Bucks/hour
- Participate in a SPARTAN Community Service Event – 100 Bucks/hour
- Recruit a new SPARTAN to register for once-a-week training – 1000 Bucks
- Recruit a new SPARTAN to register for Unlimited training – 2500 Bucks
- Participate in seasonal challenges – varies
- Be observed championing SPARTAN Values – varies
- Attend bootcamp during terrible weather – varies

BOOTCAMP BUCK GUIDELINES

- Bootcamp Bucks can be earned by both active and inactive SPARTANS but may only be cashed in by active SPARTANS
- At the beginning of your 4th inactive season, all previously earned Bucks will expire
- Bucks must be kept like cash. A lost buck may be cashed in but will be given a 25% reduction in value.
- Bucks may not be combined with or transferred to a friend or family member.

BOOTCAMP BUCK LEADERBOARD

ABBY WRIGHT	\$9,704	SOPHIA ZAREMBA	\$2,800
ALESKY KOBESKY	\$7,355	GABRIEL BOBB	\$2,705
HANNAH LAWYER	\$6,695	ALEXA SANTIAGO	\$2,565
OMAR SALAMEH	\$6,331	JAMIE UPPERCORCO	\$2,565
CORA GORRING	\$6,330	CADEN CARL	\$2,470
TRENT BUTLER	\$5,965	AMELIA SANTIAGO	\$2,420
JOBANPREET SARAN	\$5,940	BRANDON MOELLER	\$2,275
LUKE LAWYER	\$5,870	IZZY MOELLER	\$2,235
KEEGAN DELANEY	\$5,229	HARPER NAPRAWA	\$2,130
NATHANIAL BOBB	\$5,058	BENTLEY NEIDERBERGER	\$2,105
LIAM BOBB	\$4,848	MILES REGO	\$2,065
JAX COIN	\$4,415	ETHAN TODD	\$2,035
GRIFFIN SCHMALBACH	\$4,230	ANIA KOBESKY	\$1,993
REAGAN BUTLER	\$4,050	SHANE BRADLEY	\$1,945
LEVI MELLOR	\$3,930	LEO MELLOR	\$1,885
NOLAN BAKER	\$3,845	NOAH ELDAH	\$1,850
LINC MELLOR	\$3,760	MASON HINES	\$1,835
PADDY WEIGAND	\$3,700	COLE DERRICO	\$1,834
VINCE EPISCOPO	\$3,690	JULIAN UPPERCORCO	\$1,765
JACKSON WHARTON	\$3,585	LIAM SULLIVAN	\$1,605
LEXI RODRIGUEZ	\$3,175	LUKE SCHARIO	\$1,585
DANICA DELUCA	\$3,160	LOGAN GORRING	\$1,420
KEEGAN BURNS	\$3,155	MIA FITZWATER	\$1,355
GARRETT SCHMALBACH	\$2,970	SCOTTY OLIVER	\$1,320
CALLIE BURNS	\$2,865	RYAN CARL	\$1,250

SPARTANS IN **RED** ARE ACTIVE AND ABLE TO CASH IN RIGHT NOW!



WHAT CAN I GET WITH BOOTCAMP BUCKS?

SKIP 5 MINUTES OF HELL

1,000 BcB



ICE BUCKET ANY COACH

2,500 BcB



CONTROL THE PLAYLIST FOR A SESSION

1,200 BcB



ATHLETE SPOTLIGHT ON FACEBOOK & INSTAGRAM

2,000 BcB



COACH FOR A DAY
5,000 BcB



PIE ANY COACH

2,500 BcB

PUNCH COACH
BILL
10,000 BcB



WHAT CAN I GET WITH BOOTCAMP BUCKS?

GEAR SHOP
EXCHANGE RATE



BOOTCAMP SHIRT (ANY VARIETY) 4,500 BcB



SPARTAN KNIT HAT
2,400 BcB



1 FREE PIZZA AT PALERMOS
3,000 BcB



SPARTAN SHORTS
4,500 BcB



BOOTCAMP HEADBAND
1,050 BcB



SPARTAN HOODIE
9,000 BcB



SPARTAN LEGGINGS
6,000 BcB



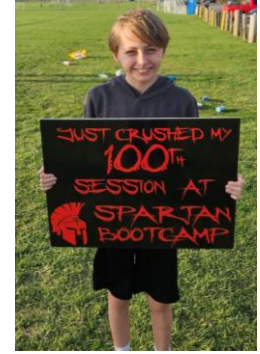
SPARTAN Bracelet
100 BcB



BOOTCAMP BUCKS

\$	DATE:		
	SPARTAN:		
	REASON:		

SPARTAN MILESTONES LAST MONTH



MEET THE NEWEST MEMBERS OF OUR SPARTAN FAMILY



SPARTAN KIDS DON'T CARE ABOUT RAIN



April showers bring more than May flowers. They bring bad ass kids outside to workout! It's raining? **NOBODY CARES!**

SPARTAN LOGADES CORP

Gabriel Bobb	Logan Graf
Liam Bobb	Collin Hartz
Nathaniel Bobb	Joe Hartz
Jaiden Bowen-Lee	Vansh Kapoor
Anthony Cristostomo	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 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. 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 one free trial session or bring a friend pass to SPARTAN Bootcamp! Bordentown Little League will have the concession stand running and all proceeds from their sales will go directly to support the League.



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 NEURODIVERSITY DAY

SPARTAN Bootcamp will be holding our **third annual** Neurodiversity Day Celebration this May. In partnership with some of the best special education teachers around from BRSD, we created an inclusive event that everyone can participate in and enjoy.

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

Chocolate Peanut Butter SPARTAN Battle Bites

Ingredients: 1 ½ cups PB2 powdered peanut butter, 4 oz unsweetened applesauce, ½ cup dark chocolate chips, 1 tsp coconut oil

Directions: mix PB2 and applesauce until a thick dough forms, melt chocolate chips with coconut oil (microwave in 20–30 sec intervals, stirring until smooth), roll PB mixture into 10 even balls, dip or drizzle each bite with melted chocolate, place on a tray lined with parchment paper, refrigerate for 20–30 minutes until set. Makes 10 servings

COACH BILL FUN FACT OF THE MONTH

At the request of Coach Collin and Grumpy Joey, Coach Bill has started watching anime. For those that don't know what that is, it's weird Japanese cartoons. So far, he has watched "Attack on Titan", "Demon Slayer", "Chainsaw Man", "Solo Leveling" and "Jujutsu Kaisen"

