



SPARTAN BOOTCAMP NEWSLETTER

ISSUE # 1

JANUARY 2026

WINTER REGISTRATION STILL OPEN

INDOORS MONDAYS & THURSDAYS DECEMBER 8 – FEBRUARY 26

MINIS (3 -5 YR OLD) 6:00p-6:30p

TOTAL BODY BOOTCAMP & BEGINNERS BOOTCAMP 6:45p-7:45p

1 DAY PER WEEK AS LOW AS \$120, BOTH DAYS \$200

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

MENTAL TOUGHNESS, PHYSICAL FITNESS, CHARACTER BUILDING, DISCIPLINE

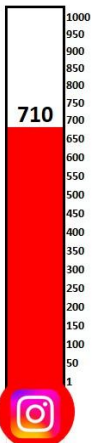


Register at www.BordentownSPARTANbootcamp.com

\$20 PRORATE DISCOUNT FOR ANYONE JOINING NOW!

It's never too late to join. Don't forget, 1000 Bootcamp Bucks for every one day a week referral and 2500 for any Multiday referrals (siblings excluded from offer) SO WEAR THAT SHIRT PROUDLY AND KEEP RECRUITING

INSTAGRAM PUSH TO 1000

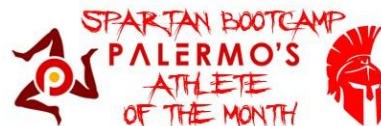


Let your family and friends know to follow the most FIRE Insta around @Bordentown-SPARTAN. We are trying to get to 1000 followers so we can do live streams again!

LAST MONTH'S SATURDAY SPARTAN SUCCESS STORIES

This are our weekly video parent testimonials that appear on Instagram & Facebook

- Tara Upperco (Jameson & Julian)
- Nicole Bunyan (Mia & Leah)
- Stacey Butler (Jameson, Reagan, & Trent)



Jaiden Bowen-Lee

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.

2025 TURKEY TROT TAKEOVER

Although TECHNICALLY at the end of November, the SPARTANS had a HUGE impact on this years Turkey Trot so we need to mention it here. I was given the responsibility to grow the youth participation number in the race and with your help we were hugely successful in that endeavor. There were 87 youth racers total, with 44% of them being SPARTANS. Of those, we had **12 athletes place in the top 3 of their divisions**. In other words, **57% of all youth medal winners were SPARTANS!** This included a sweep of the 4 to 7 division, four of six in the 8 to 10 division, and first place in 11 to 14 and 15 to 18 male divisions. We also had 2 athletes place in the overall category (1 male and 1 female)



SPARTAN TEAM TRAINING

SPARTAN Team Training has really taken off! This fall we worked with the **Bordentown Union** Travel Soccer team for the second year in a row, as well as a few of the rec soccer teams in the area. We have done sessions with **Cub Scouts** in Chesterfield and Florence, as well as an intense 6-week training program with the competition team at **Amerikick of Princeton** Martial Arts Academy. Most recently we are training three travel softball teams; the **10u Hamilton Hurricanes** for the second winter in a row, the **10u Newtown Rock** for a second 8-week session in a row, and the **12u Robbinsville Rampage** for an extended 5-month training cycle that started in Fall and runs all the way into the spring. We do everything from team building, speed and agility, strength and conditioning, and just plain old mental toughness and grit training. Text or email with questions on pricing and availability.

JANUARY BIRTHDAYS

- | | | |
|---------------------|----------------------|------------------|
| Cassidy Kostin | Bentley Neiderberger | Shane Hampson |
| Jocelyn Grant | Linc Mellor | Naomi Medina |
| Madison Grant | Lucas Vonschmidt | Nolan Baker |
| Scarlett Thieffoldt | Cora Gorring | Liam Crisostomo |
| Winnie Sierko | Parker Mallon | Lily Banerjee |
| James Cimorelli | Liam Sullivan | Audra Conover |
| Justin Woollery | Preston Lee | Joe McCarty |
| Hazel Stuenkel | Macie Chambers | Ashlyn Cimorelli |
| Levi Mellor | Kaleb Gale | Sammy Caldwell |
| Sophia Santiago | Abby Wright | |
| Emma Stefani | Leo Mellor | |
| Luke Adams | Ryan Carl | |
| Leah Martinez | Caden Carl | |



Bordentown Little League

2026 Baseball and Softball Ages 8-12

SPEED & AGILITY CLINIC

Get in Shape for the upcoming Little League Season!
Fridays 6 - 7pm
February 13th - March 20th

Coch - Bill Hartz from Spartan Bootcamp

6 Weeks - \$65 per player
Register at: <https://www.bordentownlittleleague.com/>

Clinics will be held @ Peter Muschal Elementary School Gymnasium
Enter at Door 12
Players Must Be Registered for our 2026 BLL Season to participate for insurance purposes

BLL SPEED & AGILITY CLINIC

Attention all Softball and Baseball players in Bordentown Little League. We will be running our second annual Speed & Agility clinic. CHECK IT OUT!

6 weeks for just \$65!

LAST MONTH'S EVENTS

Several SPARTAN Volunteers came out to help the **Bordentown Middle School PTA** set up for their **Holiday Bazaar**. Mason Hines, Ryan & Caden Carl, Liv & Keegan Delaney were all on site to lend a hand. Then we had our own table at the event the next day!



We ran our first **SPARTAN Birthday Party** for Griffin Schmalbach and it was a BLAST. We did 1 hour of exercise, races, and games and the kids had a great time! At a cost of just \$10 a kid, give us a thought for the next birthday for your little SPARTAN!



The winner of our **2nd Annual SPARTAN Shark Intruder Borad Contest** was Shane Bradley. Runners up were Hannah & Luke Lawyer and Liam, Gabriel, & Nathaniel Bobb!



Shane



Hannah & Luke



Liam, Gabe & Nate

THIS MONTH'S EVENTS

- We will have a table outside the BRMS play on Jan 15th and 16th to promote our Spring Session of **FRIDAY NIGHT LIGHTS**

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



NUTRITIOUS SNACK OF THE MONTH

by KC Wellness **SPARTAN SURGE SPHERES**

1 CUP ROLLED OATS, 1/2 CUP FLAX SEED, 1 CUP OF ANY NUT BUTTER (no added oil), 1/4 CUP HONEY, 1 TSP VANILLA, 1/3 CUP OF CHOCOLATE CHIPS. Roll into balls and refrigerate.

COACH BILL FUN FACT OF THE MONTH

In high school, Coach Bill ran track and field, competing in the 400m dash, the 800m, the long jump, and the high jump. His favorites were the long jump where he could jump 20 feet, and the high jump where he could jump 6 feet high. His least favorite thing was landing on the bar of the high jump when he knocked it off the uprights. Bonus fact, Kevin Johnson, former NFL player and owner of Team 85 was on the same track team as a Senior when Coach Bill was running as a freshman.

