SPARTAN BOOTCAMP NEWSLETTER

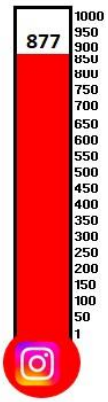
ISSUE # 9 SEPTEMBER 2026

FALL REGISTRATION NOW OPEN



Remember referrals earn you **1000 Bootcamp Bucks**

INSTAGRAM PUSH TO 1000



LAST MONTH +8

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!

SEPTEMBER BIRTHDAYS

Grady Nyzio
Jett Jones
Adrian Krupa
Liam Bobb
Ani Roames
Carmine Rizzo
Juliana Maziarz
Eddie Zietler
Chase Hamann
Jack Williams
Kyle Williams
Mark Adams
Annie Nyzio

Ryan McLaughlin
Aislynn Murphy
King Johenkins
Ella Bruins
Jax Coin
Hank Tober
Lucas Schwartz
Jonathan Galgoci
Aria Brabson
Luke Kostin
Joban Saran
Kyle Casey
Emma Martinez

Jianna Woollery
Nathaniel Bobb
Logan Gorring
Jackson Wharton
Maggie Militch

SPARTAN BOOTCAMP PALERMO'S ATHLETE OF THE MONTH



Alexa & Amelia Santiago

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 GLOW VOLLEYBALL TAKE 2!

Friday 8/28 we held our 2nd Glow Volleyball Night. Attended by over 40 kids this was a great time with the older kids getting very competitive. Our younger SPARTANS had a blast playing glow ring toss and glow soccer. Next event coming late Sept, early Oct!





COACH BILL ANNOUNCES ENTRANCE INTO THE TURKEY TROT 5K IN WEIGHT VEST



Coach Bill has begun training for this Novembers Turkey Trot 5K run. Recently we have been encouraging youth participation in local 5K's by sponsoring the medals for youth divisions. We have sponsored the Turkey Trot last November and recently the Roebling Cookie Chaser 5K. As a way to encourage kids and help them overcome the fear of doing hard things, Coach Bill will be entering the run in a 40 lb weight vest. This will be the first 5k Coach Bill has ever formally run and he started training at the end of August, doing 2 miles in the vest in 27 minutes. My goal is to finish the 5k in under 38 minutes and not put myself in the hospital training to do it. I will be posting updates on training on Social Media.



LEVI MELLOR BECOMES 6TH SPARTAN TO REACH 200TH SESSION

Huge shoutout to Levi Mellor, who attended his 200th session this month. He is the 5th SPARTAN to accomplish this, behind Abby Wright, Shane Bradley, Bentley Neiderberger, Aleksy Kobesky, and Ania Kobesky. He starting training with us in just the Spring of 2024 as one of our original minis. Since then, he has only missed 3 seasons and always attends multiple times a when when registered.

SPARTAN COMPLEX PERSONAL BESTS LAST MONTH

Bruins	Ella		Gray	Jaxson		Krupa	Adrian		Miller	DJ		Warren	Brady
Burns	Ayden		Harris	Carter		Kumar	Adayah		Nelson	Mikah		3 Personal Bests	
Chan	Colin		Johenkins	King		Lawyer	Evan		Ojha	Ananya		Bobb	Nathaniel
Elaryan	Noah		Kobesky	Aleksy		Lawyer	Hannah		Piplos	Sophia			
Elaryan	Zayn		Kobesky	Ania		Miller	Bradleigh		Rizzo	Chio			

MEET THE NEWEST MEMBERS OF OUR SPARTAN FAMILY





SPARTAN MILESTONES LAST MONTH















SPARTAN TALENT SHOW WAS A GREAT TIME!

Congratulations to all the SPARTANS who came out and participated in the SPARTAN TALENT SHOW Fri the 21st .We had an interesting mix of talents. Runners up included: Evan Lawyer who did a cart wheel, Cole Derrico who caught a fried pickle, and Sabrina and Maddie Fortin sung a song while Saylor Arroyo did gymnastics. Our winners were as follows: 3rd place was a Tie between Brady Warren doing miming and the Bobb Brothers receipting pi to the 100th digit. 2rd place was Liam Bobb playing Livin on a Prayer on his clarinet. First place was King Johenkins who sang and danced to Billie Jean and Thriller.





SPARTAN SUMMER COMPLEX ACCOMPLISHMENTS

Our SPARTANS worked incredibly hard this summer to improve themselves and it shows in their complex times. These are just a top 10 list of overall times and, more importantly, improvement over the course of the summer. Times in green are times that improved over the summer, and times in blue indicate someone that only had one chance to run. A more detailed breakdown is available on the BAND app

TOP 10 FEMALE OVERALL					
1	Fyczok	Harlow	female	MS	4.40
2	Floyd	Ruby	female	MS	4.41
3	Lawyer	Hannah	female	MS	4.50
4	Foster	Lindsay	female	HS	4.52
5	Foster	Emily	female	MS	4.55
6	Piplos	Sophia	female	ES	5.05
7	Foster	Ashley	female	HS	5.07
8	Wade	Amelia	female	ES	5.11
9	Hipple	Hannah	female	MS	5.11
10	Mather	Izabell	female	HS	5.18
10	Zaremba	Sophia	female	MS	5.18

TOP 10 MALE OVERALL					
1	Krinsley	Nate	male	HS	3.38
2	Pelka	Alex	male	HS	3.59
3	Gadium	Veer	male	HS	4.00
4	Mellor	Leo	male	HS	4.00
5	Wharton	Jackson	male	HS	4.04
6	Bobb	Liam	male	HS	4.09
7	Menna	Steven	male	MS	4.09
8	Delaney	Keegan	male	MS	4.13
9	Elaryan	Adam	male	HS	4.14
10	Pearson	Ryan	male	HS	4.15
10	Hines	Mason	male	MS	4.15

TOP 10 FEMALE OVERALL IMPROVEMENTS					
1	Bruins	Ella	female	ES	2.02
2	Turner	Jayme	female	MS	1.58
3	Wade	Amelia	female	ES	1.41
4	Rabinowitz	Gabby	female	ES	1.28
5	Burns	Callie	female	ES	1.16
6	Schmalbach	Inara	female	mini	1.14
7	Biddle	Aspen	female	ES	1.13
8	Floyd	Scarlet	female	ES	1.08
9	Sagar	Adhya	female	ES	1.04
10	Rodriguez	Lexi	female	HS	1.04

TOP 10 MALE OVERALL IMPROVEMENTS					
1	Alpert	Nathan	male	mini	3.26
2	Denelsbeck	Jameson	male	ES	2.56
3	Simicich	Hunter	male	mini	2.31
4	Butler	Jameson	male	MS	1.59
5	Johenkins	King	male	ES	1.56
6	Gray	Declan	male	ES	1.31
7	Bond	Dawson	male	ES	1.30
8	Patel	Maanav	male	ES	1.23
9	Bobb	Gabriel	male	ES	1.21
10	Townsend	RJ	male	mini	1.18

SPARTAN KICKBALL ALL-STARS VS HIGH SCHOOL HELPERS



Friday 8/28 we finally got to play our All-Star Kickball game. The team of Liam Mellor, Grumpy Joey, Sami Brown, Derek Enslin, Jack Zaramba, Alex Pelka, & Emily Nami came to PLAY. They were able to overcome the All Stars 11-4. It was a great effort and everyone played hard. The All-Star team consisted of : Jaxson Gray, Declan Gray, Keegan Delaney, Mason Hines, Elijah Deatore, Luke Schario, Stellan Schario, Hannah Lawyer, Alyssia Javick, Carter Harris, Omar Salameh, Niko Pulhalaki, and Keegan Burns. Special shout out to score keepers Abby Wright & Ania Kobesky, photographer Collin Hartz, and four ball chasers Aleksy Kobesky and Miles Hines

SPARTAN KICKBALL CHAMPIONSHIPS



The inaugural season of SPARTAN KICKBALL came to a close with the Little Wiz Kid Academy Wiz Kids taking home the gold and the Title Evolution Kickin Closers grabbing second place. Shout out to the Refined Outdoors Grass Kickers on a third-place finish.

SPARTAN BOOTCAMP IS MORE THAN HARD WORK





Whether it's 6 ball soccer, capture the flag, dodgeball, or some other kinds of shenanigans, SPARTANS play as hard as they work. Don't let the reputation scare you away. There are plenty of opportunities to have a good time with us.







LIAM BOBB CASHES IN HIS BOOTCAMP BUCKS FOR A SPARTAN SHIRT OF HIS OWN DESIGN



Liam Bobb wanted to cash in his hard-earned Bootcamp Bucks but wanted something a little different. He came to me with a proposal for a new SPARTAN shirt, the BOBB Shirt. Now available on our website, here it is! Remember those Bootcamp Bucks are meant for spending!



SPARTAN ROAD TRIP TO SUPPORT BREAST CANCER







When SPARTAN Lily Banerjee opened her lemonade stand to raise money for Breast Cancer awareness, Coach Bill, Grumpy Joey, Coach Collin, Logan, and Bentley drove right over to be the first customers!

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 V[illegible] – varies
- Attend bootcamp during terrible weat[illegible] – varies

BOOTCAMP BUCK GUIDELINES

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

WHAT CAN I GET WITH BOOTCAMP BUCKS?

SKIP 5 MINUTES OF HELL
1,000 BcB



CONTROL THE PLAYLIST FOR A SESSION
1,200 BcB



COACH FOR A DAY
5,000 BcB



ICE BUCKET ANY COACH
2,500 BcB



ATHLETE SPOTLIGHT ON FACEBOOK & INSTAGRAM
2,000 BcB

PUNCH COACH BILL
10,000 BcB



PIE ANY COACH
2,500 BcB



WHAT CAN I GET WITH BOOTCAMP BUCKS?

GEAR SHOP EXHCHANGE 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 Bracelet
100 BcB



SPARTAN HOODIE
9,000 BcB



SPARTAN LEGGINGS
6,000 BcB



BOOTCAMP BUCKS

$

DATE:

SPARTAN:

REASON:

SPARTAN LOGADES CORP

Gabriel Bobb
Liam Bobb
Nathaniel Bobb
Jaiden Bowen-Lee
Anthony Crisostomo
Aiden Daley
Wesley Daley
Cole Derrico
Axel Floyd
Ruby Floyd
Cora Gorring
Robert Goslin
Evan Lawyer
Amabelle Dorsey
Logan Graff
Joe Hartz
Collin Hartz
Luke Lawyer
Vansh Kapoor
Leo Mellor
Levi Mellor
Lincoln Mellor
Bentley Neiderberger
Lily Priano
David Rein
Mina Vescovi
Scotty Oliver
Ania Kobesky
Hannah Lawyer

Birth Year	push ups to failure		sit ups in a minute		Complex run	
	Boys	Girls	Boys	Girls	Boys	Girls
2019	12	10	30	30	6:45	6:45
2018	13	11	33	33	6:30	6:30
2017	15	13	36	36	6:00	6:00
2016	16	14	40	40	5:30	5:30
2015	20	15	44	44	5:15	5:15
2014	22	16	47	47	5:00	5:00
2013	25	18	48	48	4:45	5:00
2012	28	20	49	49	4:30	5:00
2011	29	21	50	50	4:30	5:00
2010	30	22	55	49	4:15	5:00
2009	32	23	55	48	4:05	5:00
2008	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.



ANIA KOBESKY BECOMES 28TH MEMBER OF THE SPARTAN LOGADES CORP



Ania is the definition the SPARTAN mantra of “No retreat, no surrender”. She has battled back from injuries that affected her confidence almost as much as they did her body. She ran an all-time best complex run this summer and did her push ups and sit ups. She had this goal for a long time and her refusal to quit was inspiring to see.

HANNAH LAWYER BECOMES 29TH MEMBER OF THE SPARTAN LOGADES CORP



Hannah worked incredibly hard all summer to earn this shirt. Her brother Luke earned it last year, and her cousin Evan followed him earning it at the end of Spring. This Summer Hannar reduced her complex time to an all time low, and in the final week she attempted her push ups and situps and completed them almost easily. She has come a long way from the girl that didn’t want to get out of the car 2 years ago. Great job girl!

COACH BILL FUN FACT OF THE MONTH



As many of you know Coach Bill, Grumpy Joey, and Cranky Collin just got back from our first real vacation in 4 years. We went to Orlando Florida and visited Epic Universe, Hollywood Studios, Magic Kingdom, Islands of Adventure, and Universal Studios. Coach Bill’s top 3 favorite Rides were Monster’s Unchained from Epic Universe, Stardust Racers from Epic Universe, and Hagrid’s Magical Creatures in Islands of Adventure. My LEAST favorite ride was Tron. While we were there, we ate 4 awesome dinners. One was authentic Jordanian food at a restaurant named Yalla. The next was all you can eat crab at The Hungry Crab. The third was at Davina Carne Brazilian Steakhouse. Finally, we enjoyed Ramen at K Pot Korean BBQ and Ramen. If you would like to see the entire vacation broken down into 8 one-minute videos check out the Instagram or Facebook page (you should be following already!)