



SPARTAN BOOTCAMP NEWSLETTER

ISSUE # 5

MAY 2026

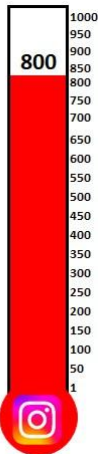
SUMMER REGISTRATION NOW OPEN

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

INSTAGRAM PUSH TO 1000

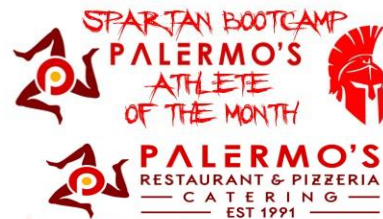
LAST MONTH +13!

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!



MAY BIRTHDAYS

- | | | |
|------------------|--------------------|-----------------|
| Paige Gens | Sammy Katz | Cecilia McCarty |
| Emily Militch | Rhylan James | Hailey |
| Agam Saran | Agnes Gendek | Mohiuddin |
| Luke Schario | Brooklyn Zielinski | Leah Bunyan |
| Liz Rodriguez | Scarlett Floyd | Saylor Schurtz |
| Mia Larry | Emily Berkyheiser | Gavin Temple |
| Elijah Deatore | Adam Sevinc | Nora Chestnut |
| Arnav Singh | Robert Goslin | Ben Crisostomo |
| Makayla Turner | Natalia Livingston | Colton Motta |
| Cameron Palmer | Emir Gungir | Emma Reilly |
| Devyn Hoppock | Sean Tees | DJ Miller |
| Vihaan Kothamasu | Maya Zahriyeh | Gabriel Bobb |
| Leo Morrow | Maria Zahriyeh | Jacob Monaccino |
| Sasha Krupa | Ashlynn McCormick | Sawyer Roames |
| Summer Schrutz | Alyssa Martino | |



JACKSON WHARTON

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 MILESTONES LAST MONTH



MEET THE NEWEST MEMBERS OF OUR SPARTAN FAMILY



SPARTAN KICKBALL TOURNAMENT HUGE SUCCESS

The SPARTAN Kickball tournament was a HUGE Success. We had over 70 participants over 8 teams. We used 4 fields to 16 games over 3 hours! Our High School Volunteers did a fantastic job facilitating each game. In the end, "The Eggs" who included SPARTANS JJ Cody, Hannah Lawyer, Urvum Nagaraju, & Mike Ortu came away with 1st place. The Bordentown Little League ran the concession stand and were able to raise \$500 for the league! Special thanks to Marloe Preston for her logistical management that day, and Keith Lawyer from Sports Dad Photography for the fantastic pictures. After the tournament we went to Friendship Fields and had a kickball game for all that were interested. There was a strong turnout and the kids had a great time. **STAY TUNED FOR THE ANNOUNCEMENT OF THE INAUGRIAL SEASON OF THE SPARTAN KICKBALL LEAGUE THIS SUMMER!**



SPARTAN GLOW NIGHT & AMERIKICK SELF DEFENSE SESSION

For the second time we will be partnering with Amerikick Princeton for a fun night out. The night will start with a 45 self defense program taught by Sensi Vince Little from Amerikick Martial Arts Studio in Princeton. Then we will have a game of kickball while we wait for the sun to set. Once this happens the glow sticks come out and the techno music comes on and we have a glow stick workout in the dark!





SPARTAN BOOTCAMP

FRIDAY MAY 8TH
6pm – 9pm

6:00pm – 6:45pm
Amerikick of Princeton will hold a basic self defense and bully prevention session, suitable for kids of all ages



7:00pm – Sunset
we will be playing Kickball until the sun goes down...



Sunset we will have our Glow Workout. We provide the glowsticks and terrible techno music, and run around in the dark. What could go wrong?

GLOWSTICK WORKOUT

FREE for all SPARTANS enrolled in the Spring Session
All others JUST \$10!

Friendship Fields
455 Ward Ave

ROEBLING COOKIE CHASER 5K MAY 9TH

On Saturday May 9th SPARTANS will be on site to support the Roebling Girlscouts Troop 21513. They are holding their second annual Cookie Chaser 5k. Any SPARTAN that runs in their shirt will get a \$5 registration discount when registering with the promo code "SPARTAN" SPARTAN Bootcamp will be sponsoring youth awards for ages 5 – 7, 8 – 10 boys, 8 – 10 girls, 11 – 14 boys, 11 – 14 girls, 15 – 18 girls, and 15 – 18 girls. This is a great way to support a local youth organization, while getting outside and getting in a workout. Registration can be found at www.Bordentown SPARTANbootcamp.com



3RD ANNUAL SPARTAN NEURODIVERSITY DAY MAY 22

For the third year in a row, we are partnering with local Special Education teachers Cara Jones from BRMS and Lauren Fyczok from Clara Barton to hold a Neurodiversity Celebration Event. This event creates an environment where all kids regardless of circumstance, can come and work out in a safe judgement free place. With help from sponsors Senator Troy Singleton, Jim Carl Auto Body, and The Skin Medic we are able to keep the cost to just \$25 per child. John Rosina at Paramount Well Service will be donating water and Palermos of Bordentown will supply the pizza! Each child will receive an award for participating and the profits will be donated to the Mercer Bulldogs Special Hockey Program. Register at www.bordentownSPARTANbootcamp.com

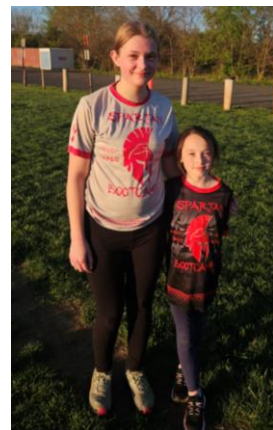


(left) the 2025 Neurodiversity Event (right) Jordan receiving his trophy at the 2024 Event



AMABELLE DORSEY BECOMES 25TH MEMBER OF SPARTAN LOGADES CORP!

Having already qualified for her complex time, Amabelle did her situps and push ups to become the 25th member of the SPARTAN LOGADES Corp. This impressive feat puts her in rare company being not only one of the youngest to accomplish this but only the 5th girl to achieve the task. We are so proud of her.



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.



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 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 UPPERCOR	\$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 UPPERCOR	\$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!

BOOTCAMP BUCKS

\$	DATE:
	SPARTAN:
	REASON:

SPARTAN LOGADES CORP

- Nathaniel Bobb
- Jaiden Bowen-Lee
- Anthony Crisostomo
- Aiden Daley
- Wesley Daley
- Cole Derrico
- Axel Floyd
- Ruby Floyd
- Cora Gorrng
- Ribert Goslin
- Amabelle Dorsey
- Collin Hartz
- Luke Lawyer
- Vansh Kapoor
- Leo Mellor
- Levi Mellor
- Lincoln Mellor
- Bentley Neiderberger
- Lily Priano
- David Rein
- Mina Vescovi

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.



SPARTAN COMPLEX PERSONAL BESTS LAST MONTH

- Alexandri Chris
- Chan Colin
- Floyd Axel
- Hipple Hannah
- Mellor Levi
- Schario Luke
- Velasquez Dian
- Ayala Lincoln
- Cipriani Salvatore
- Gendek Henry
- Hockett Braylen
- Mohuddin Hailey
- Schmalbach Inara
- Vonschmidt Lucas
- Baker Nolan
- Cirilli Nico
- Gorrng Cora
- Joseph Jacqueline
- Neiderberger Bentley
- Shaffer Molly
- Weigand Patrick
- Bobb Gabriel
- Cirilli Nolan
- Gorrng Logan
- Kobesky Aleksy
- Oliver Scotty
- Soto Mateo
- Wharton Jackson
- Bobb Nathaniel
- Cirilli Scarlett
- Goslin Robert
- Kobesky Ania
- Pelicano Dominick
- Sullivan Liam
- Brabson Carter
- Coppola Addison
- Goslin Violet
- Krieg Chloe
- Preston Logan
- Tees Sean
- Bradley Shane
- Derrico Cole
- Hamann Chase
- Krieg Tiana
- Purdy Austin
- Theifold Eddy
- Burns Callie
- Dobroserdov Shawn
- Hampson Shane
- Lawyer Evan
- Ramos Mateo
- Theifold Scarlett
- Burns Keegan
- Dorsey Adeline
- Harris Carter
- Marcano Mateo
- Salameh Omar
- Todd Ethan
- Carroll Evan
- Dorsey Amabelle
- Hines Miles
- Martinez Emma
- Saran Agam
- Turner Jayme

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. If you are interested in your child applying to becoming a mentor or if you would like your child to be assigned a mentor, please reach out.

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

Cheesy Beef Rampagin Roll-Ups

Ingredients: 1 lb ground lean beef, 1/2 chopped onion, 1 chopped bell pepper, 6-8 small tortillas or wraps, 6-8 slices provolone or mozzarella cheese, Salt & pepper

Directions: cook ground beef until browned, add onion/peppers & cook til soft, salt + pepper. Lay cheese slices flat, add a scoop of the beef mixture, Roll them up like little wraps. Put them seam-side down in the air fryer at 375°F for 3-5 minutes until the cheese is melted and slightly crispy. Cool & serve

COACH BILL FUN FACT OF THE MONTH



Coach Bill enjoys eating! Some of his favorite foods are crab legs, salmon, asparagus, buffalo wings and steak (extra rare) His favorite way to prepare steak is over an open fire pit. Just a quick sizzle on both side, salt that bad boy up, and eat it while it's still mooing. Essentially, it's like eating a cow with a sunburn. He will try almost anything and has enjoyed bison, rabbit, rattlesnake, venison, octopus, sea urchin (horrible, tastes and looks like snot), gazelle, and python.