# SPARTAN BOOTCAMP NEWSLETTER

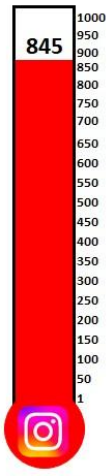
ISSUE # 7 JULY 2026

## 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 +19**

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!

## JULY BIRTHDAYS

Emerson Wisniewski
Brynn Doris
Verionica Szuper
Ethan Todd
Nat Katz
Maddox Coin
Kenzie Weckenbrock
Sienna Heslin
Grayson Hodge
Cole Casey
Jahsina Johnson
Emma Olson
Peyton Heslin
Bella Ramos
Lucas Steinberg
Joseph Eveland
Logan Graf
Hannah Hipple
Dylan Furch
Keegan Delaney
McKenna Bloodgood
Alex Chestnut
Lauren Kelly
Olivia Delaney
Mia Hopper
Keegan Burns
Michael Vaughn
Amelia Danbury
Lizzy Danbury
Ava Edwards
Scarlett Cirilli
Sophia Shute
Mateo Ramos
Liam Frey
Sophia Henderson
Lily O'Connor
Leah Lindauer
Aria Gardner
Mateo Marcano
Anthony Szuper
Henry Gendek
Jacob Steinberg

## SPARTAN BOOTCAMP PALERMO'S ATHLETE OF THE MONTH



**Jack & Sophia Zaremba**

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.

# MEET THE NEWEST MEMBERS OF OUR SPARTAN FAMILY




(continued on next page...)

# MEET THE NEWEST MEMBERS OF OUR SPARTAN FAMILY (PT 2)



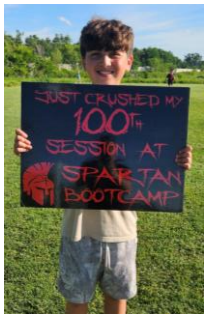






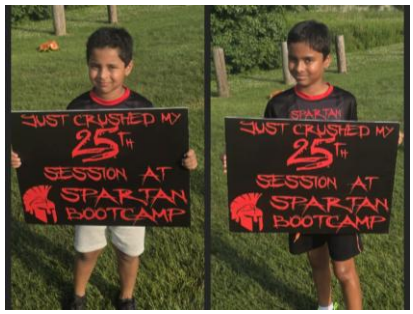



# SPARTAN MILESTONES LAST MONTH













































# ALEKSY BECOMES 4TH SPARTAN TO REACH 200TH SESSION




Huge shoutout to Aleksy Kobesky, who attended his 200th session this month. He is the 4th SPARTAN to accomplish this, Behind Abby Wright, Shane Bradley, and Bentley Neiderberger. He is the SPARTAN to achieve this goal the fastest, with him starting in just the Summer of 2024. If he continues at his current rate, he will hit 250 this fall, and 300 before next the end of next Spring!

# SPARTAN CORA GORRING CASHES IN HER BOOTCAMP BUCKS TO BE COACH FOR THE DAY AND CONTROL THE PLAYLIST!



Before she left, Cora wanted to use all her acquired Bootcamp Bucks She chose to be "Coach for the day" and controlled the playlist. It was all Taylor Swift (shocker). She did a great job telling the kids what to do and motivating them!





# SPARTAN GOODBYE TO KRIEGS AND GORRINGS







It is with much sadness that we say goodbye to 4 of our SPARTANS. The Gorrings and Kriegs are both military families, and their fathers have reached the end of their cycle, requiring them to move. Logan, Cora, Chloe, and Tiana will be missed greatly and never forgotten.

# ROBBINSVILLE RAMPAGE WINS TOURNAMENT AND ICE BUCKETS COACH BILL

The Robbinsville Rampage 12u Softball Team spent 4 months training with us in the off season and among their many accomplishments this season was










their final tournament at home where they went undefeated and took home 1st place. As a reward, the girls got to ice bucket me at the end.




# SPARTAN KICKBALL LEAGUE PREMIERS THIS MONTH!

By the time you are reading this we will have launched the areas FIRST Official Kickball League!

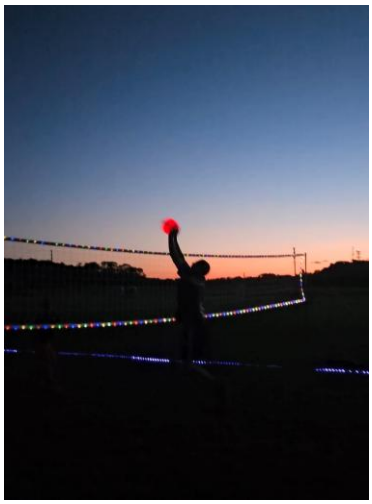
We put together four 8 person teams that will each play 1 best of three game thirty-minute series a week. Games will take place in late afternoon between 3pm and 5pm on Mondays and Thursdays starting June 29th and ending August 6th. Each week, 2 teams will be assigned to play either Monday OR Thursday, and they will play a best of 3 series. Should one team win the first two games, the players will be scrambled and we will play one exhibition game for fun with time remaining. There will be a a final tournament on week 6 to determine our champion. The Championship team will win medals as well as custom sublimated shirts with both their name and their team's name on it, both provided by our PLATINUM LEAGUE SPONSORS PELICANO PLUMBING and PALERMOS OF BORDENTOWN. All athletes will receive a colored jersey courtesy of our four business sponsors; The Cool Cricket, Title Evolution, Refined Outdoors, and Little Wiz Academy. The goal of the league is to give the kids something to do in the early afternoon that is competitive yet fun and laid back. The rules will be strictly enforced and each game will be overseen by myself with the help of 2 High School Volunteers earning volunteer hours for National Honor Society. The teams have been made by me, evenly distributing kids by grade to do my best to make fair and even teams. You can follow us on Instagram @SPARTANKICKBALL for weekly recaps and special deals from our sponsors!

# SPARTAN COMPLEX PERSONAL BESTS LAST MONTH

| | | | | |
|---|---|---|---|---|
| Nolan Baker | Noah Elaryan | Hannah Lawyer | Chio Rizzo | **2 personal bests** |
| Nick Beatty | Scarlet Floyd | Luke Lawyer | Omar Salameh | Liam Bobb |
| Anthony Biddle | Bentley Fyczok | Stephen Mihalik | Alexa Santiago | Jameson Denelsbeck |
| Aria Brabson | Harlow Fyczok | Hailey Mohiuddin | Griffin Schmalbach | Sloane Fyczok |
| Trent Butler | Carter Harris | Leo Morrow | Inara Schmalbach | Carter Grybowski |
| Kyle Cassey | Mason Hines | Maanav Patel | Dian Velasquez | Aleksy Kobesky |
| Nico Cirilli | King Johenkins | Alex Pelka | Amelia Wade | Brenden Mallon |
| Nolan Cirilli | Jacqueline Joseph | Kurt Rabinowitz | Jackson Wharton | |
| Scarlett Cirilli | Ania Kobesky | Gabby Rabinowitz | | |

# SPARTAN GLOW VOLLEYBALL COMING THIS SUMMER





It's been rumored for over a year, and it's finally on its way. A minimum of 3 nights this summer we will have Glow Night Volleyball. We have TWO SETS of light up volleyballs, light up volleyball nets, and LED court lines. One will be set at standard height, and the other at a lower height so all the kids can get in on the action! These special events will cost $20 to participate in but for any SPARTAN registered for our summer session it will be ONLY $10! **OUR FIRST NIGHT WILL BE FRIDAY 7/17 at 8:30pm! Register on the website NOW, spaces are limited.**

# SPARTANS BIG SUMMER TURNOUTS

With most days having over 40 kids and some days maxing out at 60, SPARTAN Bootcamp is the place to be this summer! Still time to join!





# SPARTAN ELITE SESSIONS

With 6 weeks before the start of High School Fall tryouts and 10 weeks before Middle School tryouts, there is still plenty of time to get in shape. We have about 25 kids regularly attending the Elite training session representing BRHS, Steinert, Nottingham, Robbinsville HS, Allentown HS, and Northern Burlington HS. We also have a solid group of Middle Schoolers testing themselves with the High School Cardio Drills. Drills include the yo yo test, the gauntlet, 99s, Indian runs, timed complexes, timed 1 mile, timed 2 mile, full field suicides, agility station endurance test, and MORE. This session is held 5 nights a week at 7pm and run by Coach Collin. It is only for the most serious of athletes. If your child is serious about getting in shape for their HS or MS tryouts there is still time.









# SPARTAN TALENT SHOW

SPARTAN TALENT SHOW in the works for the end of summer! This event will allow SPARTANS of all ages to show off whatever talents they have. We expect to hold the event at Friendship Field in the evening using our portable lights to create the space for kids to show off, and people will be encouraged to bring their own blankets and chairs to sit and enjoy. More to come as I figure it all out!

# 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

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

| 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.




## LIAM BOBB BECOMES 2ND MEMBER OF THE SPARTAN MENTORSHIP PROGRAM

I am pleased to announce the second Official SPARTAN MENTOR, Liam Bobb. Liam is an incoming Freshman at Northern Burlington High School. He has been training with us for over 2 years and was among the 1st SPARTANS to earn a SPARTAN LOGADES shirt last summer, performing runs, situps, and pushups placing him in the top 15% among his age group. This season Liam has really started giving back to the program. He has been volunteering at tables at our events, but more importantly, he has been helping new SPARTANS as they adjust to our workouts. He also works with anyone struggling in a workout, all while getting in his own workouts in our HS Elite session afterwards.



## COMING SOON SPARTAN WARRIOR TRIALS

Coming later this Summer, 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 SNACKLE BOX

Provides a combo of protein, carbohydrates, and fats to help keep kids fueled and satisfied during long summer days

**Protein:** turkey roll-ups, cheese cubes, cheese sticks, deli meat

**Carbohydrates:** crackers, pretzels, popcorn, or granola bites

**Fruit:** watermelon, grapes, berries, apple slices

**Healthy fats**: nuts or seeds

## COACH BILL FUN FACT OF THE MONTH



During the middle of the Pandemic, when just about everything closed, Coach Bill, Coach Collin, and Grumpy Joey started an MMA school name "Revolution School of Combat" in Allentown. It taught basic self defense, striking, grappling and situational awareness to kids. We would meet twice a week and did live submission grappling and sparring. We remained active for almost 3 years, teaching over 40 kids before our final class in 2023.



SPARTAN MOMS

# CHECK IT OUT!

# BUILD YOUR BEST MIND. BODY. SOUL

Personalized fitness and functional nutrition plans to sculpt a healthier, happier you. Let's crush those goals together!

KCWellness
FITNESS + NUTRITION



SUSTAINABLE RESULTS. LIFELONG CHANGE.

COACHING. COMMUNITY. RESULTS.

### NUTRITION SUPPORT

- Custom macro plans
- Welcome macro pack + welcome present
- Food tracking guidance
- Weekly recipes
- Daily & weekly check-ins
- Progress tracker for accountability
- Private calls
- Personalized support based on your goals

### WORKOUT PROGRAMS

- Customized workouts in your app
- Follow assigned workouts
- Structured programming
- Accessible anytime, anywhere
- Designed for all fitness levels
- Group classes available
- Personal training available

### FUNCTIONAL NUTRITION
(ROOTED IN WELLNESS)

- Dig deeper into hormones, metabolism & overall health
- Lifestyle, stress & recovery guidance
- Advanced protocols & testing options (as needed)
- Personalized plan for your body's unique needs

### COACHING & ACCOUNTABILITY

- Private coaching access
- Communicate with your coach anytime
- Ongoing support & adjustments
- Accountability to keep you on track

### FLEXIBLE OPTIONS

- Online group classes (Zoom Warriors)
- 1:1 personal training
- Nutrition only or complete package options

## Why KCWellness?

- Personalized plans
- Real support
- Proven results
- A community that cheers you on

Let's build the
**STRONGEST, HEALTHIEST, MOST CONFIDENT**
version of you.

## Let's Connect!

215.870.2298
www.kcwellnesscpt.com
@KCWellnessCPT
kristin@kcwellnesscpt.com

BUILD YOUR BEST MIND. BODY. SOUL.