



SPARTAN BOOTCAMP NEWSLETTER

ISSUE # 6

JUNE 2026

SUMMER REGISTRATION NOW OPEN

SPARTAN BOOTCAMP SUMMER REGISTRATION OPEN

MONDAYS-FRIDAY JUNE 8-AUGUST 28 FRIENDSHIP FIELDS

FREEDOM 250

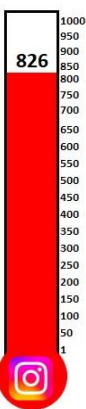
ALL SUMMER, ALL SESSIONS, ALL DAYS JUST \$250
ANY ONE DAY A WEEK JUST \$150

SIBLING, MILITARY, FIRST RESPONDER, & EDUCATOR DISCOUNTS

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

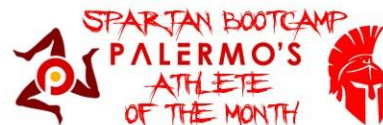


LAST MONTH +26

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!

JUNE BIRTHDAYS

- | | | |
|-----------------|------------------|---------------------|
| Sevyn Wilburn | Logan Ashmore | Olivia Kennedy |
| Jayden Dean | Max Wagner | Ava Busse |
| Bianca Holden | Derek Makkay | Keira Kolakowski |
| Caden Henderson | Nate Krinsley | Lillian Bruhn |
| Tiana Krieg | Lisandro Lopez | Luke Gottesman |
| Eddie Theifoldt | Cooper Rosina | Mateo Soto |
| Avery Bruhn | Jamie Upperco | Shane Bradley |
| Chris Alexandri | Noah Eldah | Nathaniel Hernandez |
| Carter Brabson | Bradleigh Miller | Carter Jones |
| Kendall Lampman | Axel Floyd | Stephen Mihalik |
| Conor Brevet | Ania Kobesky | Jack Zarembo |
| Alexa Santiago | Cian Murphy | Adam Barcellona |
| Maanav Patel | Jake Hitchon | Lennon Frey |
| Anna Brazill | Marcala Rego | Adrian Makkay |



Scarlett, Monre, Axel, & Ruby Floyd

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 LEAGUE

\$60 SPARTANS registered for

Summer Training

\$75 All other Registrants

- June 29th – August 6th
- Mon and Thurs 3pm – 5pm
- Joseph Lawrence Park
- Grades 2 - 8
- Consists of 2 thirty-minute games per week on either Monday or Thursday
- Team Jerseys included
- Medals and Custom Jerseys for 1st Place Team



THANK YOU TO OUR TEAM SPONSORS!



SPARTAN KICKBALL LEAGUE LAUNCHES THIS SUMMER

On the back of last months wildly successful kickball tournament, we have decided to launch the areas FIRST Official Kickball League!

We will be putting together six 10 person teams that will each play 2 thirty-minute games 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, 3 teams will be assigned to play either Monday OR Thursday, and they will play a round robin style format so that each team gets 2 games. At the end of week 5, the teams will be bracketed for 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. All athletes will receive a colored jersey courtesy of our six business sponsors; Pelicano Plumbing, Palermos of Bordentown, The Cool Cricket, Title Evolution, Refined Outdoors, and Little Wiz Academy. Any child going into 2nd grade through 8th grade may register. The cost is \$75 or JUST \$60 if you are a SPARTAN registered for the Summer Program (membership has it's privileges) 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 3 High School Volunteers earning volunteer hours for National Honor Society. The teams will be made by me, evenly distributing kids by grade to do my best to make fair and even teams. We can operate with a minimum of 36 kids, and will have to cap it at 60 registrations. No one's spot is secured until payment is received. You can follow us on Instagram @SPARTANKICKBALL where there is a link to register, or you can register on our website www.bordentownSPARTANbootcamp.com. DONT WAIT, REISTER TODAY!

BENTLEY AND SHANE BECOME 2ND & 3RD SPARTANS TO REACH 200TH SESSION



. Huge congratulations to Bentley Neiderberger and Shane Bradley. These two young men became the second and third SPARTANS to achieve the 200-session landmark. Abby Wright hit the milestone in Fall of 2025. Bentley started with us all the way back in our first season of Fall 2023 as 6th grader and has continued straight through since then as he is about to enter High School. Shane started in Spring of 2024 as a 7th grader and also has continued straight through till now, getting ready to enter his second year at BCIT

SPARTAN BOOTCAMP RUNS AN OBSTACLE COURSE AT MANSFIELD TOUCH A TRUCK EVENT

When Mansfield PTO asked us if we wanted to do something for their Touch a Truck event, we said ABESOLUTELY, and, not really knowing what a touch a truck event was, we set about creating an obstacle course for kids to run. We had almost 50 kids run it with some serious competition going on. Huge thanks to SPARTAN Hannah Lawyer for stepping up and helping out to keep things running smooth.



SPARTAN GLOW NIGHT & AMERIKICK SELF DEFENSE SESSION

Last month we had a great time hosting Sensei Vince from Amerikick Martial Arts in Princeton. He did a self defense class for our SPARTANS, allowing them to throw various types of strikes onto mits held by volunteer SPARTAN moms, followed by 3 games of Kickball, and culminating in GLOW NIGHT. It was a great time and everyone had a blast.



SPARTAN MEMORIAL DAY WORKOUT

This Memorial Day we got out and did a 90-minute session. The first 45 minutes was a HARD agility station circuit program. We followed that up with a game of Capture the Flag. All the kids had a great time and it was a great way to celebrate the holiday together.

3RD ANNUAL SPARTAN NEURODIVERSITY DAY MAY 22

Our 3rd annual Neurodiversity Celebration Day was a huge success with the most participants ever at 17. Thanks to the help of our dedicated volunteer Child Professionals, as well as some SPARTAN High School Volunteers, we were able to provide a great and safe experience for all the kids. At the end of the session while the kids enjoyed pizza donated by Palermos of Bordentown, and water donated by Paramount Well Service, we gave out trophies sponsored by Senator Troy Singleton, Skin Medic, and Jim Carls Auto Body. Finally, we were able to donate \$200 to The Mercer Bulldogs Special Hockey Team

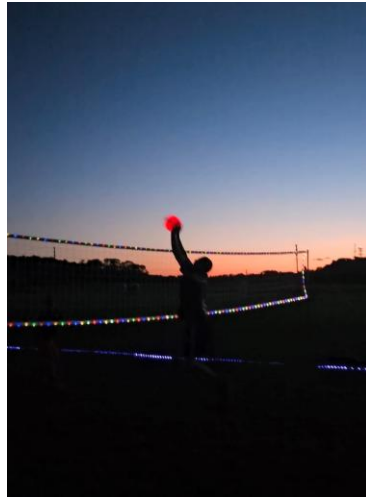


SCOTTY OLIVER & EVAN LAWYER BECOME 26TH & 27TH MEMBERS OF SPARTAN LOGADES CORP!

A big month for the little guys with Scott Oliver and Evan Lawyer, having both already achieved the necessary complex time, both did their sit-ups in a minute and push ups to earn this distinction. Great job guys! WHO'S NEXT?



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! Stay tuned for more details to come.

SPARTANS SHOW UP FOR ROEBLING COOKIE CHASER 5K

In an attempt to further our mission to get more kids out and running 5K's, we officially sponsored our second 5K youth division in this May's Roebling Cookie Chaser 5K. After the success at the Turkey Trot, the SPARTAN Race Team showed up and did showed well! Jayme Turner, Callie Burns, Keegan Burns, Evan Lawyer, Cole Derrico, Nolan Baker, Liam Sullivan, Hannah Lawyer, and Luke Lawyer all made their 5k debut and did very well. Callie Burns took 3rd in the under 8 division. Evan Lawyer took 2nd place in the boys 8-10 division. In the boys 11-14 Jackson Wharton took 1st place, Liam Sullivan took 2nd place, Logan Preston took 4th (beating his previous best by 4 min) and Cole Derrico took 5th. In the girls 11-14 division we had a SPARTAN SWEEP with Leah Martinez taking 1st, Kate Shute taking 2nd, and Madison Vaughn rounding out the trio in third. For good measure only 16 seconds behind was Hannah Lawyer in 4th. Finally, Joey Hartz brought it home finishing 1st overall. So proud of all these and ALL the kids who came out and tested themselves. And it was great to see SPARTAN Avery Martin who took a break this Spring but will be making her return this Summer!



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 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!

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.



SPARTAN COMPLEX PERSONAL BESTS LAST MONTH

Ayala	Lincoln	Floyd	Axel	Lawyer	Evan	Williams	Briseis	Cirilli	Nico
Burns	Keegan	Gadium	Abhi	Pelka	Alex	Krieg	Chloe	Cirilli	Nolan
Butler	Reagan	Gadium	Veer	Sullivan	Liam	Hines	Miles	Derrico	Cole
Chan	Colin	Hampson	Shane	Wharton	Jackson	Kobesky	Aleksy		

BENTLEY NEIDERBERGER 1ST MEMBER OF THE SPARTAN MENTORSHIP PROGRAM

Demonstrating incredible patience and compassion for some of our younger SPARTANS, it was my honor to name Bentley the first official SPARTAN Mentor. He works with and encourages several of the beginners in our program to make them feel comfortable and be their best self.



COMING SOON SPARTAN WARRIOR TRIALS

Coming 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 SLICES

Ingredients: 2 apples, sliced thin, 2 tbsp peanut butter, 1 tbsp mini chocolate chips, 1 tbsp granola

Directions: Arrange apple slices on a plate, Warm peanut butter for 10–15 seconds and drizzle over apples, Sprinkle with chocolate chips and granola and serve

COACH BILL FUN FACT OF THE MONTH

Coach Bill enjoys gardening and preserving food. He will grow cucumbers, tomatoes, zucchini, green beans, and jalapeno peppers. He is notoriously terrible at growing anything under the ground (onions, carrots, potatoes) and can't grow a bell pepper to save his life. After that he enjoys making pickles, hot relish, and sweet pickled peppers. He has dabbled with tomato sauce with mixed results.

