SPARTAN BOOTCAMP NEWSLETTER

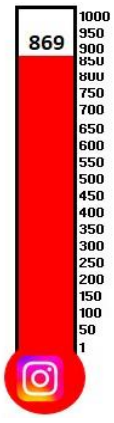
ISSUE # 8 AUGUST 2026

FALL PREP REGISTRATION NOW OPEN



Remember referrals earn you **1000 Bootcamp Bucks**

INSTAGRAM PUSH TO 1000



LAST MONTH +24

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!

AUGUST BIRTHDAYS

Aubrie Ireland
Cameron Rosina
Jackson Hittchon
Miles Hines
Evan Carroll
Ayden Ugo-Alum
Aya Ugo-Alum
Vansh Kapoor
Izabell Mather
Abel Azanger
Adi Ojha
Harry Haidopoulos
Joey Nyzio
Aedan Smillie
Gio Kraznai
Jackie Katz
Maxine Hindley
Tino Morales
Aadi Pradhan
Emily Sara
Corby Johnson
Vincent Episcopo
Harper Perigow
Carter Lee
Aarav Singh
Jonah Durante
Gabe Bencivengo
Jacqueline Joseph
Matt Chong
Nico Cirilli
Nolan Cirilli
Hailey Nehil
Ryan Pearson
Anna Sury
Aleksy Kobesky
Brenden Mallon
Luke Lawyer
Bentley Fyczok
Ananya Ojha
Nick Beatty
Ethan Locke
Amabelle Dorsey
Carter Mallon
Alyssa Javick

SPARTAN BOOTCAMP PALERMO'S ATHLETE OF THE MONTH

PALERMO'S RESTAURANT & PIZZERIA CATERING EST 1991



Anthony & Aspen Biddle

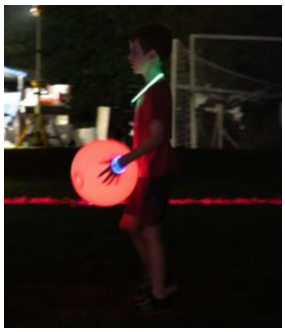
Remember posting a picture of your SPARTAN wearing their shirt on Instagram or Facebook and tagging me earns them and easy **100 Bootcamp Bucks**, ON TOP of them looking bad ass.

SPARTAN GLOW VOLLEYBALL HUGE SUCCESS!

What an amazing night. With over 40 attendees, our first glow volleyball night knocked it out of the park. We had two volleyball nets as well as two small soccer nets set up, all that lit up. Kids of all ages came out to play, and the older kids got very competitive with a 4 team tournament forming on it's own. The kids made and enforced their own rules and everyone had a great time.

Our next Glow Volleyball Event will be Friday August 28th. Mark it on your calanders and register on the website TODAY!






ANIA BECOMES 5TH SPARTAN TO REACH 200TH SESSION

Huge shoutout to Ania Kobesky, who attended her 200th session this month. She is the 5th SPARTAN to accomplish this, Behind Abby Wright, Shane Bradley, Bentley Neiderberger, and her brother Aleksy. She starting training with us in just the Summer of 2024. If she continues at her current rate, she will hit 250 this fall, and 300 before next the end of next Spring!

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!

MEET THE NEWEST MEMBERS OF OUR SPARTAN FAMILY



















SPARTAN MILESTONES LAST MONTH













SPARTAN COMPLEX PERSONAL BESTS LAST MONTH

Alpert	Grey
Alpert	Nathan
Biddle	Anthony
Bobb	Nathaniel
Bond	Dawson
Brabson	Aria
Brabson	Carter
Bruins	Ella
Bruins	Juliette
Burns	Ayden
Burns	Callie
Burns	Keegan
Butler	Jameson
Cassey	Kyle
Cirilli	Nolan
Cirilli	Scarlett
Coin	Jax
Colella	Alessio
Colella	Enzo
Delaney	Keegan
Dobroserdov	Shawn
Elaryan	Adam

Elaryan	Noah
Eveland	JJ
Floyd	Axel
Floyd	Mornoe
Gadium	Veer
Gendek	Henry
Genovese	Valerie
Goslin	Robert
Goslin	Violet
Gray	Declan
Gray	Jaxson
Harris	Carter
Hines	Miles
Hines	Olive
Joseph	Jacqueline
Joseph	Laila
Kobesky	Aleksy
Krazani	Gio
Kumar #1	Adayah
Kumar #2	Aghasta
Lawyer	Evan
Lawyer	Hannah

Mallon	Brenden
Mather	Izabell
McLaughlin	Ryan
Mellor	Levi
Mihalik	Stephen
Miller	DJ
Nagaraju	Urvum
Patel	Maanav
Patel	Tanay
Pelka	Alex
Porigow	Deacon
Pradhan	Adi
Ramos	Mateo
Rego	Miles
Roames	Sawyer
Rosina	Cooper
Santiago	Alexa
Santiago	Amelia
Schario	Luke
Schario	Stellan
Simicich	Hunter
Steinberg	Lucas

Sullivan	Liam
Upperco	Jameson
Upperco	Julian
Velasquez	Dian
Wharton	Jackson
Wright	Abby
2 Personal Bests	
Baker	Nolan
Biddle	Aspen
Bobb	Gabriel
Denelsbeck	Jameson
Furch	Dylan
Fyczok	Harlow
Hines	Mason
Kapoor	Vansh
Kobesky	Ania
Menna	Steven
Morrow	Leo
Murphy	Johnny
Ojha	Ananya
Pearson	Ryan
Rabinowitz	Gabby

Rabinowitz	Kurt
Rodriguez	Lexi
Rosina	Cameron
Sagar	Adhya
Schmalbach	Garrett
Todd	Ethan
Turner	Jayme
Wade	Amelia
Wade	Gavin
Wharton	Jackson
3 Personal Bests	
Bond	Dawson
Chan	Colin
Fyczok	Sloane
Mellor	Leo
Mellor	Linc
Mohiuddin	Hailey
Townsend	RJ
4 Personal Bests	
Johenkins	King
Weigand	Patrick

SPARTAN KICKBALL LEAGUE IN FULL SWING

The inaugural season of SPARTAN KICKBALL has been going strong all month. We have played all our regular season games, and the championship games will be the first week in August. We wound up with 4 teams: Refined Outdoors Grass Kickers, Cool Cricket Crushers, Title Evolution Kickin Closers, and Little Wiz Kid Academy Wiz Kids. The finals will see the Closers, Kickers, and Wiz Kids in a 3 way round robin tournament where the winners will receive 1st place medals AND championship shirts, and the runners up will receive 2nd place medals. Each week on Monday and Thursday, the teams have played best of three game series. These games have been extremely competitive, with almost all games going to the third game to decide and some even going to criteria to decide a winner. We hope to continue this league in either Fall or Spring and definitely next summer, so stay tuned for those announcements!





SPARTAN HIGH SCHOOL VOLUNTEERS EARNING HOURS AND HAVING FUN

All summer I have had my older SPARTANS working with me to help at both Bootcamp and Kickball. They have been earning hours for their Honor Society requirements as well as having a great time doing it while helping the kids

















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	Logan Graff
Liam Bobb	Joe Hartz
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
Robert 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.



ALEXA SANTIAGO BECOMES 3RD MEMBER OF THE SPARTAN MENTORSHIP PROGRAM



I'm proud to announce the third official SPARTAN MENTOR, Alexa Santiago. Alexa has always been selfless, willing to help other kids as they struggle through the first few sessions of bootcamp. She has been a active participant in the program all the way back to our beginning in the summer of 2023. Alexa joins Bentley Neiderberger and Liam Bobb in our Mentorship Program.

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.

SPARTAN NUTRITIOUS SNACK OF THE MONTH

by KC Wellness

SPARTAN Peanutbutter and Chocolate Chip Bar

Ingredients: 1 cup peanut butter, ½ cup honey, 1 tsp vanilla extract, 1½ cups almond flour, ½ tsp sea salt, ¼ cup mini chocolate chips **Optional Add-Ins:** 1 scoop vanilla or unflavored protein powder, 2 tablespoons ground flaxseed, 2 tbsp hemp hearts (don't ask me what these are, I don't write the recipes), 2 tbsp chia seeds (cha-cha-cha-chia)

Directions: Line 8x8-inch baking dish with parchment paper. In a microwave-safe bowl, warm the peanut butter and honey for 20–30 seconds until easy to stir. Mix in the vanilla extract. Add the almond flour, protein powder (if using), and sea salt. Stir until well combined. Fold in the mini chocolate chips and any optional add-ins. Press the mixture evenly into the prepared pan. Refrigerate for at least 1 hour, then cut into 16 bars.

Storage: Keep refrigerated for up to 1 week or freeze for up to 3 months. **Makes:** 16 bars

COACH BILL FUN FACT OF THE MONTH



Coach Bill grew up in Hamilton Township. He went to McGalliard Elementary School, Grice Middle School, and Hamilton High West where he graduated all the way back in 1995. He then went to the College of New Jersey for 2 years majoring in History before he realized there is nothing you can do with a history degree. He then left college to continue working in retail. He eventually returned to Mercer County Community College to complete a Liberal Arts Associates Degree.

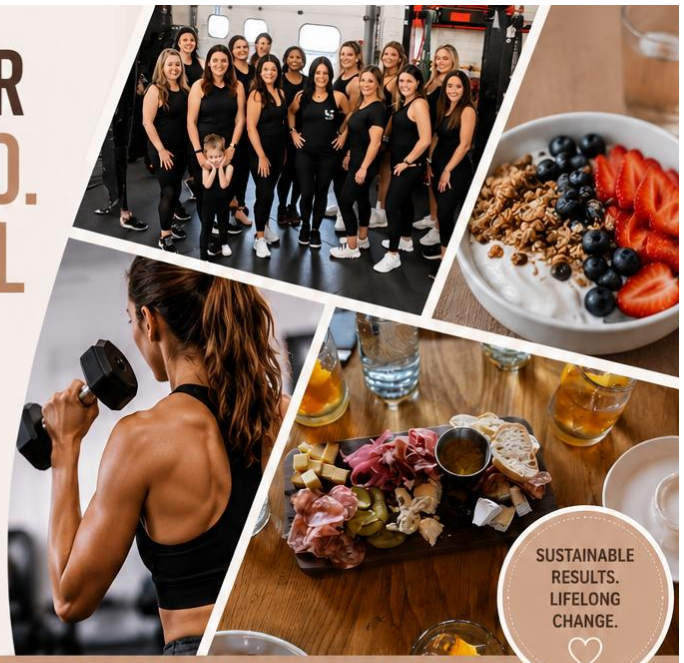
SPARTAN MOMS

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!

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