SPARTAN BOOTCAMP NEWSLETTER

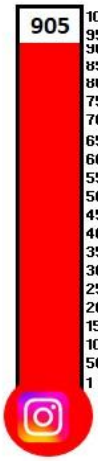
ISSUE # 10 OCTOBER 2026

FALL REGISTRATION STILL OPEN



Remember referrals earn you **1000 Bootcamp Bucks**

INSTAGRAM PUSH TO 1000



LAST MONTH +28

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!

OCTOBER BIRTHDAYS

Ella James
Stephen Menna
Olivia Anton
Evan Lawyer
GRUMPY Joey Hartz
Andrew Smith
Connor Mejia
Sloane Fyczok
Jaxson Gray
Pete Tober
Katie Chong
Nick Gendek
Sammy Gendek

Omar Salameh
Abhi Gadium
Veer Gadium
Regan Conover
Cayde Semus
Connor McKee
Alessio Colella
Lottie Guerin
Cole Derrico
Haven O'Connor
Harlow Fyczok
Peyton Hamann
Briseis Williams

Kenny Teague
Regan Bloodgood
Alex Pelka
Paolo Mannino
Jameson Denelsbeck
Ava Duchini
Anthony Crisostomo
Evelyn Miller
Monroe Floyd
Brendon Conover
Eliann Sylvester
Aspen Biddle
Olivia Miccio
Anthony Levach

SPARTAN BOOTCAMP PALERMO'S ATHLETE OF THE MONTH

PALERMO'S RESTAURANT & PIZZERIA CATERING EST 1991



ALEX PELKA

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 FALL KICKBALL TOURNAMENT



After a hugely successful Spring Tournament that saw 70 kids participate and a great 6 week Summer League, SPARTAN Kickball is back again with a Fall Tournament. Register at **www.bordentownSPARTANbootcamp.com**

MEET THE NEWEST MEMBERS OF OUR SPARTAN FAMILY























SPARTAN BOOTCAMP SUPPORTS BULLDOGS NIGHT



Last month SPARTAN Bootcamp was happy to support the Bordentown Bulldogs youth football at Chickie and Pete's for their fundraiser night. We were able to raise a few hundred dollars for the organization. Coach Bill is on the board of directors with several other SPARTAN parents.

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.









SPARTAN FUN FRIDAY UPDATE

We have updated the conditions of Fun Fridays. Now all attendees will receive 50 bootcamp bucks and members of the winning team will get an ADDITIONAL 100 bootcamp bucks. Also, you may bring a friend at no extra cost. Conditions apply, see the flier for details

SPARTAN PUT DOWN THE ELECTRONICS INITIATIVE







STAY TUNED! We are launching out "put down the electronics" initiative soon. Details on the way. It won't involve smashing anything, This is just me playing with AI at 3am

SPARTAN BORDENTOWN SCOUTS KICKBALL



For the first time we were able to collaborate with the Bordentown Cub Scouts and Boy Scouts and hold a pair of kickball games at Joseph Lawrence Park. Everyone had a great time and the games were ultra competitive. Hands down the MVP was little Merlin, who played for both teams and talked smack the whole time. Best pare is the next week, he signed up for Bootcamp and has been killing it ever since.



TURKEY TROT 5K

The Turkey Trot 5k is right around the corner, taking place Saturday November 21st at Joseph Lawrence Park. Once again SPARTAN Bootcamp is sponsoring the youth divisions, making it much more realistic for kids to place in the race and win a medal. Last year we were able to increase youth participation to an all time high at 87 kids running, with 38 of them (44%) being SPARTANS. Of the 21 placers, 12 were SPARTAN (58%). Use code "SPART" and have your child run in their SPARTAN shirt to get $5 off and earn 250 Bootcamp Bucks! Coach Bill will be running this year with a 40 lb weight vest. If he can do it, so can your kids!

Division
5 - 7
8 - 10 Boys
8 - 10 Girls
11 - 14 Boys
11 - 14 Girls
15 - 18 Boys
15 - 18 Girls

SPARTAN CHESTERFIELD SCOUTS WORKOUT SESSION





It was my pleasure to lead the Chesterfield Scouts through another exercise session this year. This was the second year we attended their opening meeting and were able to work out with thiem.

SPARTAN COMPLEX PERSONAL BESTS LAST MONTH

Alpert	Grey
Alpert	Nathan
Anton	Evelyn
Anton	Olivia
Baker	Nolan
Banerjee	Nikhil

Brabson	Carter
Carroll	Evan
Comes	Carter
Comes	Millie
Fyczok	Bentley
Hipple	Hannah

Menna	Stephen
O'Grady	Merlin
Oliver	Scotty
Patel	Maanav
Rich	Nash
Santiago	Amelia

Schario	Luke

2 Personal Bests	
Puhalski	Niko
Kobesky	Aleksy

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 ASSISTS BORDENTOWN FC OPENING DAY





When Bordentown FC needs help on their opening day, who do they call? The SPARTANS, that's who. Liam, Carter, Jayme, Omar, Taryn, Luke and Stellan all did a great job helping the kids on the bounce houses.

SPARTAN MILESTONES LAST MONTH





















SPARTAN SHIRT TO SCHOOL

This September we had a shirt to school week. Below are just some of the SPARTANS that wore their shirt to school to proudly represent SPARTAN Bootcamp.















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	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.



SPARTAN HALLOWEEN PARADE VOLUNTEERS NEEDED FOR OCT 25

VOLUNTEERS NEEDED: For the 3rd year in a row we will be escorting the Halloween Parade through the city collecting donations. The parade runs on donations and the past 2 years we were able to collect record amounts of money. It's a lot of fun and a good way to give back to the community. If you or your child are interested in volunteering, let Coach Bill know

SPARTAN BOOTCAMP TOUCHESS DOWN IN HAMILTON FOR OKTOBERFEST

VOLUNTEERS NEEDED: For the first time SPARTAN Bootcamp will be doing an event in Hamilton Township. Sunday October 18th at Veterans Park, we will have a table near the soccer fields. If your child would like to volunteer at the table for 100 Bootcamp Bucks per hour please let me know

SPARTAN TABLE OT FLORENCE FALL FEST OCT 17

VOLUNTEERS NEEDED: SPARTAN Bootcamp returns to the Florence Fall Fest with a table. We are looking for SPARTAN kids to volunteer, earning 100 Bootcamp Bucks an hour to do so. The event runs 10a to 3pm. Let Coach Bill know if your child is interested in volunteering.

COACH BILL FUN FACT OF THE MONTH



Coach Bill likes the woods and used to camp frequently at Round Valley campsite where he would go for 5 days with no phone and go the entire week without seeing or talking to another person. The hike in was about 4 miles and if you go at the right time of year and pick the right site, you get to feel pretty much like the only human alive. Unfortunately, bootcamp prevents such trips these days, but lots of good memories. He went with Coach Collin and Grumpy Joey a few times as well.

