



CAMP SUNNY

SUMMER CAMP

NINJA ZONE SPECIALTY CAMP

SUMMER 2017

Dear Sun Country **Ninja Zone** Participants and Parents,

Thank you for signing up for Sun Country's Ninja Zone Specialty Camp!

Ninja Zone is an awesome new program that combines the toughness of gymnastics, the discipline of martial arts and the spirit of obstacle course training. We encourage students to be open, relaxed and ready to learn! We will start in the morning with roll call and warmup. Warmup will rotate between fun ninja games or an awesome ninja obstacle course. From there we will progress to becoming a ninja!

In training to be a ninja the students will be learning more than just ninja skills. We find it important that the kids learn how to train mentally as well as physically; a strong mind is just as important as a strong body. In doing so your soon to be ninjas will be learning how to show respect and honor to everyone your ninja may meet in everyday life.

Please come dressed in appropriate attire in the morning. We prefer a t-shirt and athletic or loose shorts—no jeans or long pants.

Each day will bring a new adventure and with that a new focus. Fundamental skills will be introduced at an appropriate pace which will grow into a series of stunts by weeks' end. Our goal as coaches isn't complete until we see your young ninja accomplish what they never thought possible!

On Friday, your newly trained ninja will perform in a special exhibition to show the families all the super new skills they learned at Sun Country!

We are looking forward to a fun week!

Sara Killough

Department Leader
Ninja Zone of Sun Country
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