



SUMMER 2024



BRONCO PE CAMP



WITH EXTENDED CARE!



| | |
|---------------------|--|
| When | June 5th-7th, 2024 from 8:30am-3pm Wednesday-Friday. Extended Care available from 3:00-6:00pm. |
| Where | St. Thomas More Gymnasium @ St. Thomas More School (50 Thomas More Way. San Francisco, CA 94132) |
| Who | Any boy or girl entering K, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th or 8th grade. The Camp is led by Trevor Duckworth, PE Manager at St. Thomas More & Athletic Director/PE Teacher at St. John School. Coach Trevor comes with 20+ years of youth coaching experience with the SF Archdiocese, the Golden State Warriors and other programs. Please see his LinkedIn page ("Trevor Duckworth, M.S.") or his website (www.benchmarkathletics.com) for more info. |
| Cost | \$255 per child. Pro-rates available (\$85/day). Make payment to "Benchmark Athletics" with memo "Summer PE Camp." Accepting cash, check, venmo (@benchmarkathletics) and CC's. For CC's, call or text Trevor's cell at 831-419-5733 to schedule a transaction in person or to make a transaction over the phone. Mail checks to 1768 Great Highway, SF, CA 94122. Afternoon extended care from 3:00-6:00 is \$15/hour and can be dealt with on the last day of camp prior to dismissal. |
| Includes | Certificate, prizes, improved skills, increased knowledge, and some snacks. Lunch not provided. Please provide a lunch for your child. |
| Registration | Make payment and complete / return registration page by email or snail mail: benchmarkathletics001@gmail.com / 1768 Great Highway. SF, CA 94122 |
| Deadline | Registration and payment deadline is Tuesday, June 4th at 5pm or until maximum capacity is reached. Register early as these spots will fill up quick. For any questions or concerns please email or call Coach Trevor (benchmarkathletics001@gmail.com ; 831-419-5733). |



The Official Registration Page



for the

2024 Summer PE Camp

[June 5th, 6th, 7th from 8:30am-3pm]

********Extended Care Available Before and After Camp********

Camper Name: _____

Camper's Grade Level: _____ Age: _____

Guardian (1) Name: _____ Relationship: _____

Guardian(1) Email: _____

Guardian (1) Emergency Contact Number: _____

Guardian (2) Name: _____ Relationship: _____

Guardian (2) Email: _____

Guardian (2) Emergency Contact Number: _____

Address: _____

City/Zip: _____

| 2024 Summer PE Camp Fees | Extended Care Fees |
|---|---|
| \$255 per child | **PM Session (3:00-6:00) = \$15/hour |
| Please make payment to <u>Benchmark Athletics</u> <u>benchmarkathletics001@gmail.com</u> | *Venmo: @benchmarkathletics *Credit Card: Call or text 831-419-5733 to schedule a transaction over the phone. *Cash / Check to 1768 Great Highway. SF, CA 94122 |

Please return this document with payment to Trevor Duckworth, Benchmark Athletics

The Schedule

| Time | Activity |
|-------------|---|
| 8:30-10:00 | Morning Shootaround. One on One Instruction |
| 10:00 | 1st Whistle: Campers to Roll-Call Lines |
| 10:00-10:15 | Stretching & Sports Trivia |
| 10:15-10:45 | Warm-Ups |
| 10:45-11:25 | Offensive Drills / Footwork |
| 11:25-11:50 | More offensive drills |
| 11:50-12:00 | Listening Game |
| 12:00-12:30 | Lunch: All campers to remain on campus |
| 12:30-12:45 | Afternoon Shootaround |
| 12:45-1:15 | Defense and Conditioning |
| 1:05-1:25 | Large group work |
| 1:25-1:45 | Small group work |
| 1:45-2:00 | Video Inspiration |
| 2:00-2:55 | Game Time! |
| 2:55-3:00 | Closing remarks & dismissal |
| 3:00-6:00 | Afternoon session of Extended Care |