

WAY 2 GO

Sports & Nutrition

MR. DANIEL

Physical Education Specialist at Challenger. In his spare time, he runs competitively in Spartan races and obsesses over creating new recipes in the kitchen. With over a decade of experience in traditional sports and a background in Kinesiology, he is super excited to be joining Way to Go Camp this Summer!

Keep it up!

wk4

Designed with an outcome based approach to youth training, for the student's desired sport and overall health and wellness. To begin, students will set 2 personal goals and devise a plan to achieve those goals and stick with it. They will learn the fundamentals of nutrition. Students will be challenged in the following categories: cardiorespiratory, muscular strength and endurance, balance, & more

Eat and be Happy

wk6

Students will be prompted with an objective for the day followed by practical ways to utilize each lesson in everyday situations in hopes they will begin making healthier choices and positive lifelong habits.

Make that heart pump!

wk5

Students will be challenged to enhance their ability in their prospective sport. Our goal is to help students play with their hearts and strengthen their wills in attempt of achieving their best, all while having FUN!