

SID & FROSTY'S

girls' camp

AUGUST 5 - 8, 2013

morning session
(8:30 AM - 12:00 PM) 4th - 7th Grade

afternoon session
(1:00 PM - 4:30 PM) 8th - 12th Grade

Early Registration: (Mail in by July 26)
\$60

Each additional immediate family member:
\$50

Late Registration: (After July 26 or on-site)
\$70

registration fee includes a camp t-shirt,
instructional materials, and refreshments.



"Positive Coaching is all about teaching and allowing athletes to prepare better, perform better, achieve more, to experience personal excellence, and to be prouder, happier healthier and more fulfilled for their investment and efforts, and motivated to come back and do more!"

-Dr. Richard McGuire

Director of Sport Psychology for Intercollegiate Athletics at the University of Missouri & Missouri Institute for Positive Coaching



As positive coaches, we understand the importance of coaching the athlete FIRST and the sport SECOND. Sid & Frosty's philosophy empowers happy, fulfilling, and meaningful lives in the athletes we teach and coach. By fostering a strong sense of community and building important personal resources for success, we assist athletes in realizing their potential and achieving personal excellence!

We understand that strong individuals are a pre-requisite for strong performers, physically and mentally. Rather than focusing solely on physical talent and winning, Sid & Frosty's emphasis is on maximizing mental toughness, enhancing focus and concentration, nurturing confidence and self-worth, building character and strengths, promoting 'smart' work, establishing caring relationships, developing the sense of meaning and purpose, and having FUN!

SID & FROSTY'S will highlight the following:

- Mental Skills for Optimal Performance
- Visualization & Relaxation Training
- Goal Setting for Goal Attaining
- Intrinsic Motivation Development
- Team Building Activities
- Positive Character Construction
- Introduction to a Variety of Sports
- Speed and Agility Training
- Yoga, Pink Gloves Boxing, Dance
- Health and Wellbeing
- Positive Exercises
- Guest Speakers
- Coach/Parent Education



Registration

morning session

(8:30 AM - 12:00 PM) 4th - 7th Grade

afternoon session

(1:00 PM - 4:30 PM) 8th - 12th Grade

Participant Name: _____

Entering Grade: _____

Address: _____

Phone Number: _____

Email Address: _____

T-shirt: (adult) S M L (youth) S M L XL

informed consent

I hereby acknowledge and realize that physical activities create inherent risks of injury to my minor daughter. I hereby assume these risks, waive and release Montana State University from any and all rights and claims for damages or other loss which she might suffer while participating in university-sponsored physical activities or as a result of her use of the equipment or facilities, except those caused by the sole negligence of Montana State University and/or its employees.

Parent/Guardian Signature

Date

Emergency Contact

Phone Number

Make Checks payable to:

Montana State University

Mail Registration form and fees to:

Scotta Morton

SID & FROSTY'S Girls' Camp

ASMSU Recreational Sports & Fitness

P.O. Box 173360

Bozeman, MT 59717-3360

Athletes are responsible for bringing the following:

Basketball/running shoes

T-shirt

Shorts

Water bottle

Check-In & Parking:

Athletes may check into camp between 8:00 AM and 8:30 AM (morning session) and between 12:30 PM and 1:00 PM (afternoon session) on August 5th, 2013 at the front entrance of the Hosaeus Fitness Center (corner of Grant and 11th St). Parking on MSU campus requires a parking pass which visitors may purchase for \$2.50/day at the University Police Station located on the corner of Kagy Blvd and 7th Ave.

Hosted by Scotta Morton, former Lady Bobcat Basketball Player, Sports Psychology Doctoral Candidate, Consultant for University of Missouri's Gymnastics and Volleyball Teams.



questions? contact scotta morton
(406) 581 - 0123

SID & FROSTY'S girls' camp

EXCELLENCE EDITION

4th Annual

empowering growth
through community
and sport

