

BOOTCAMP-CLEAR LAKE

IMPORTANT INFORMATION REGARDING YOUR CLASS

- ARRIVE TO CLASS 15 MINS EARLY
- BRING A 32 OZ WATER BOTTLE FILLED WITH WATER
- A UNIFORM T-SHIRT WILL BE ISSUED TO YOU. YOU MUST WEAR THIS SHIRT EVERYDAY. IF YOU CHOOSE TO DO SO, YOU MAY PURCHASE AN EXTRA ONE TO CUT DOWN ON WASHING.
- WEAR NAVY OR BLACK RUNNING PANTS OR SHORTS. DO NOT WEAR WHITE, RED, ETC.
- WEAR RUNNING SHOES (NO CROSS TRAINING, AEROBIC, OR HIKING SHOES WILL BE ALLOWED)
- YOU MUST BRING AN EXERCISE MAT TO CLASS or PURCHASE ONE FROM SEAL P.T.
- YOU MAY PURCHASE ADDITIONAL GEAR (SEE ATTACHED)

YOU WILL BE TAKING YOUR FITNESS TEST ON THE FIRST DAY (Jumping jacks, Sit-ups, and Push-ups). THIS IS NOT A PASS OR FAIL TEST, ONLY AN INDICATOR OF THE OVERALL FITNESS LEVEL OF THE CLASS

MEETING PLACE: Clear Lake Park, just off Nasa RD 1 (Same Location as the Greek Festival). Headed East on Nasa RD 1 from I-45, the park is on the left (same side as the baseball diamond and soccer fields) just past the Nasa Rd 1 and Space Centre Dr. intersection (the Nassau Bay Hilton).

Do not arrive late. Doing so will cause you and your teammates unwelcome surprises.

- Your safety is of utmost importance to us. Do not get out of your vehicle until a group of other new students arrive.
- Hydration is essential. Drink 8-12 glasses of water a day. This will cut down on the soreness & fatigue of you muscles, as well as, keep you from dehydrating.
- It is essential that you stretch throughout the day. Do not stretch cold muscles- warm them up with a walk or a hot bath first.
- Use the chain of command within your class. If you have a question ask a buddy or the class leader.
- If your get injured contact your class leader & contact our office immediately.

Remember this acronym to assist you in making it to graduation, **TEAM:**

Teamwork
Effort
Attitude
Motivation

We aren't concerned with what you can't do – only with what you can!

PLEASE NOTE YOU MUST PAY IN FULL ASAP. CALL THE OFFICE @ 281-471-4977 FOR PAYMENT.

All sales are final. If you need to reschedule your course for any reason contact the office.