

BOOTCAMP-HOUSTON

IMPORTANT INFORMATION REGARDING YOUR CLASS

- YOU NEED TO ARRIVE NO LATER THAN 4:45 am ON MONDAY
- 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: Memorial Park. Take 610 exit memorial, enter the park. Pass up the aboretum. Go underneath the railroad track bridge. The road will fork. Go off to the right (do not go through the main part of the park). Go up the little hill you will see a parking lot, go past it and park in the 2nd lot. This is right by the entrance to the bike trails and right in front of the rugby fields and a softball field. If you are over by the swimming pool or golf course, you are on the wrong side of the park. You should see lots of individuals, please wait to get out of your car, for safety reasons, until there is a reasonable amount of people.

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.