

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____

Cell: _____

Email: _____

T-shirt size M L XL 2XL 3XL

Camp: \$300 _____

Adult Fitness League: \$99 _____

Senior Fitness League: \$99 _____

Make checks Payable to: Sportco Athletics

For More information and Questions Call
509-4431179

Cut and mail form to:

P.O. BOX 30552
Spokane, Wa 99223

SPORTCO
ATHLETICS
or

Register
at

SportcoAthletics.com

Trainer: Rick Montgomery

*** (ISSA) International Sports
Science Association Certification
as a personal fitness trainer.**

*Training in Martial Arts
since 1968.

*1989 Member of
Dia-Ichi
Shotokan Karate
Do Association
- Currently Roku-Dan
(6th Dan)

*1999 Obtained Yudansha rank
6th Shotokan Karate
International Federation

*2006 Western Regional
Director of Japan Karate
Shotokan Renmei
Americans.

*Teaching fitness classes since 1976

*Taught at a variety of places:

Dept of Youth Activates

Salvation Army

United Service Org.

School Sport Teams

Private/ Semi Private

" If the Mind Can Conceive It, the Body Can Achieve it. "



**NEW YEARS
RESOLUTION
WEEKEND**

SportcoAthletics.com

Sweating Into the New Year

Jan. 9th - 11th



Above: pictures of Ross Point Camp.
 On top: Sunset from Ross Point.
 Below: Daytime in the winter setting.

Boot Camp

Sportco Athletics is organizing a life changing event to start the new year off with the right step forward. This 3 day, 2 night boot camp will be held at Ross Point Camp, 820 S Ross Point Rd, Post Falls, ID 83854.

We have an amazing instructor, Rick Montgomery, who has a life-time of experience in helping people reform their minds and bodies. His experience is listed on the back of the flyer.

Rick and Sportco Athletics will have many experiences waiting for you when you arrive at camp. You will get great instructional work outs, CPR class, a workout bag full of fabulous workout

items, and a professional chef to educate you on great eating habits and receipts.

This bootcamp will cost you \$300. The New Years Resolution Weekend is a dynamic way to take a powerful step forward into the new year. Hope to hear from you soon.

Things to bring:

- Sweat pants and sweat shirts
- Comfortable shoes
- Any personal belongings you might need
- Cold weather clothing
- Plus a great Attitude!!!

To the Point

- **Secluded weekend get away**
- **Lodging and meals**
- **Training with a professional decorated instructor**
- **A workout bag full of fabulous workout items**
- **CPR Class**
- **Instruction from a professional chef**
- **For beginners and advance**
- **Adults and Seniors**
- **10% off group rates. (5 or more)**
- **Optional 6 week league following camp**

Sportco FitnessLeagues

Following each bootcamp, Sportco Athletics will be organizing a 6 week league. This will continue the self changing experience you accomplished at the weekend boot camp.

These Leagues will take place twice a week on Tuesdays and Thursdays, Seniors from 10am to 10:45am and adults 6pm to 6:45pm. We will run our fitness leagues at the HUB Regional Sports Center, 19619 E Cataldo Ave, Liberty Lake, WA 99016

You will have the pleasure of Rick Montgomery from the boot camp to guide you through your fitness league.

This 6 week league will only cost you \$99 . Please sign up quickly as space is filling up. See you soon.

T a k e a P O W E R F U L s t e p F O R W A R D

S p o r t c o A t h l e t i c s . c o m