

This is [Debra Stefan](#), parent of a dedicated Henderson student-athlete. I am also an experienced fitness professional with expertise in youth training. You have been invited to this page in consideration of the dedicated student-athletes of your school.

## SPRING BREAK 2017 INVITATIONAL ATHLETIC BOOT CAMP

**9-11am Monday- Friday, April 10-14<sup>th</sup>**

The activities will take place from 9-11am starting Monday, April 10<sup>th</sup> through Friday, April 14<sup>th</sup>. Cost is \$197 per athlete with a sibling rate of \$297 for two members of the same household. Ten percent of the proceeds will be donated back to your school.

### **Spring Break Athletic Boot Camp-Invitational [Flyer](#)**

The athletic camp is invitational and exclusively for the dedicated student-athletes. Again, ten percent of the proceeds will benefit your school sports program.

### **All Sport Conditioning**

Activities include conditioning drills such as sledgehammering tires, tire flipping, weighted sled pulls, 50' battling ropes, kettlebell swinging, Bosu balancing recovery, Landmine (vertical barbell on pivot box), cutting pole runs, jump rope progressions coordinated with ball handling, agility ladder, and mini hurdles. TRX suspension training straps, medicine ball and tornado ball drills done against solid concrete walls outdoors. All techniques are instructed and progressed appropriately. No student is left behind in these progressions. Modifications will be introduced so that a positive experience is had by all. See this [video of these activities](#) done by all ages.

### **Debra Stefan "Live-in Fitness"**

Since 2008 this business has been non-commercially licensed in the City of Henderson under "Debra Stefan Fitness" DBA "Live-in Fitness". The camp is not open to the public and will be facilitated in the common areas on the private property of Tuscany Golf Village. Most activities will take place outdoors. The recreation center's NBA basketball gym will be used in case of inclement weather.

### **About Debra Stefan**

Debra served CCSD teaching two different Board of Education approved PDE courses (5 years) for professional educators. She has done countless in-services and general assembly school presentations (1980s-late 90s). UNLV accredited her courses for the School of PE and the Athletic Department for multiple sports off-season. Debra also taught for UNLV Continuing Education, Parks & Recreation programs for City of North Las Vegas, City of Las Vegas, City of Boulder City and City of Henderson. She served as AAU Regional Tournament Director for USA Jump Rope Federation and coached her own team, Henderson Star Skippers to national ranking and to the 1997 and 1998 Junior Olympics. Feel free to request references.