

Fit Club is an after-school fitness program happening daily 3:45-4:30 pm, in the Fitness Room, open to Upper School students (as works with their schedule and needs). The goal of Fit Club is to help students improve their fitness in all aspects and to enjoy doing it!

Fit Club is led by Brandon Camarda. Brandon has a Master's degree in Exercise Science, is an NSCA Certified Strength and Conditioning Specialist, a USA Weightlifting Sport Performance Level 1 Coach, and has an extensive background in working with collegiate and high school athletes across a spectrum of sports and functionality levels. Under Brandon's guidance students will learn proper techniques, improve their strength and conditioning, and become more aware of how they move and how to improve their functionality.

Answers to frequently asked questions:

1. The Fall/Winter/Spring Athletics Form, along with a current physical, must be completed to participate. Parents of students missing required forms were notified via email last month.
2. Attendance: Students are free to attend as frequently (or infrequently) as they choose. It's okay to miss the first class, start next week, etc.
3. Full/half PE Credit is available: Those wishing to earn full PE credit need to attend three or more sessions/week. Half credit is awarded for those averaging 1.5 workouts/week.
4. What to wear/bring: Clothes one feels comfortable working up a sweat in. A t-shirt and shorts/tights/sweatpants are typical attire.
5. We have a water fountain in the Fitness Room so there's no need to bring a water bottle.
6. The Upper School athletics participation fee (currently \$100) is charged for participation each Fall/Winter/Spring "season"