

**GRIT**



# SUMMER 2024



ONE EPIC  
SUMMER

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THREE  
LOCATIONS!



Swimming

Basketball

Parkour

Skateboarding

Soccer

Nerf Battles

Arts & Crafts

GRIT SPORTS TRAINING

(201) 596-6626

201 MARIN BLVD. JERSEY CITY NJ 07302

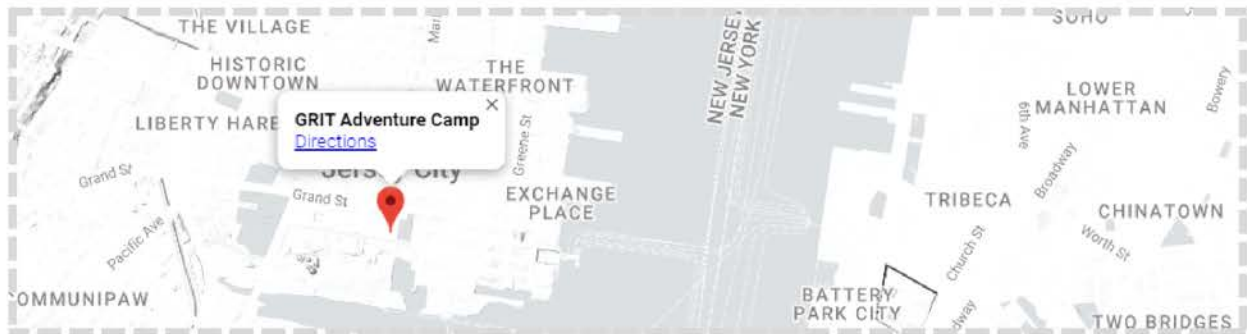
# GRIT 2024 SUMMER CAMP

ONE EPIC SUMMER... **THREE LOCATIONS!**



**GRIT EXPLORER CAMP 3-6 YR OLDS**

**MORRIS SQ PARK | GRIT 201 MARIN BLVD, JERSEY CITY, NJ 07302**



**GRIT ADVENTURE CAMP - HAMILTON PARK 6-14 YR OLDS**

**HAMILTON PARK | St. Anthony's HS 175 8th Street, Jersey City, NJ 07302**



**GRIT ADVENTURE CAMP - WEST 5-14 YR OLDS**

**NJCU | John J. Moore Athletics & Fitness Ctr, 110 Culver Ave, Jersey City, NJ 07305**



**PLAY SPORTS | BUILD FRIENDSHIPS | GROW CONFIDENCE**

**QUESTIONS? PLEASE CONTACT US AT: (201) 596-6626**

# WHY GRIT SUMMER CAMPS?



## No two days at GRIT are ever the same!

All of the outdoor exploration, sports activities, smart learning programs, and social community building you have come to expect from GRIT, plus new programs, activities, and partnerships to make this the best summer ever for your child.

### A host of fun activities that will improve their athletic ability and mindset!

- Ninja + Parkour
- Obstacle Course Racing
- Skateboarding
- Basketball
- Soccer/ Field Sports
- Swimming @ NJCU
- Pickleball/Wiffleball/Dodgeball
- Nerf Blaster Battles
- Gymnastics
- Volleyball
- Popshot, Pingpong, Foosball
- Water Play Gun & more!

### Plus Top Quality Summer Enrichment + Arts & Crafts:

- STEM/ STEAM Activities
- Cool Arts & Crafts/ Stage Productions & More
- Summer Enrichment Programs via JEI Learning



**PLAY SPORTS | BUILD FRIENDSHIPS | GROW CONFIDENCE**

**QUESTIONS? PLEASE CONTACT US AT: (201) 596-6626**

SUMMER 2024

# GRIT EXPLORER CAMP!

ENROLL NOW!



FOR 3-6 YR OLDS  
ACTIVE EXPLORATION



# GRIT EXPLORER SUMMER CAMP

**Ages 3-6 yr | 9:00am-4:30pm | Full & Half Day Options**

Location: GRIT Sports Training, 201 Marin Blvd, Jersey City, NJ 07302

**13 WEEKS: JUNE 10TH--SEPTEMBER 5th (PICK AND CHOOSE YOUR DAYS/WEEKS!)**

Spend the ultimate summer  
with **GRIT EXPLORER 2024!**

GRIT has you covered with a host of fun outdoor activities including **Parkour, Ninja Obstacle Course Racing, Soccer, Field Sports, Skateboarding, Basketball, Gymnastics, Local Field Trips, and more!**

This year we are adding even more activities and options to the mix!

No two days at **GRIT** are ever the same!

**GRIT Explorer** offers Full-Day and Half-Day options all designed to be built around your schedule and specifically for young campers!

Register by the day, week, or spend the entire summer with us!

Daily camp comprises of multiple games/activities/competitions at stations around GRIT's Explorer Camp.

Mixing climbing, parkour, gymnastics and functional movements with fun and competitive games and team events!



## ACTIVITIES INCLUDE:

- PARKOUR+ NINJA
- GYMNASTICS
- ROCK WALL CLIMBING
- SKATEBOARDING
- FIELD SPORTS
- OUTDOOR EXPLORATION
- BASKETBALL
- SOCCER
- ACADEMIC ENRICHMENT
- ARTS & CRAFTS
- STEM/ STEAM ACTIVITIES
- and SWIMMING at NJCU



## What's Included:

- GRIT Summer Camp T-shirt (additional T-Shirt can be purchased on our SWAG store!)

## What to Pack:

- Lunch\* & Snacks
- Sunscreen
- Swimsuit/Towel/Goggles
- Water Bottle

Don't have time to pack a lunch? You can now order lunch via our partner [SimplyGourmetlunches.com](https://www.simplygourmetlunches.com) on their app!



**PLAY SPORTS | BUILD FRIENDSHIPS | GROW CONFIDENCE**

**QUESTIONS? PLEASE CONTACT US AT: (201) 596-6626**



# GRIT EXPLORER SUMMER CAMP

**Ages 3-6 yr | 9:00am-4:30pm | Full & Half Day Options**

Location: GRIT Sports Training, 201 Marin Blvd, Jersey City, NJ 07302

**12 WEEKS: JUNE 12TH - SEPTEMBER 8th (PICK AND CHOOSE YOUR DAYS/WEEKS)**

## CAMP HOURS MONDAY- FRIDAY

Full Day	9:00am - 4:30pm
Half Day AM	9:00 am - 12:00pm
Half Day PM	1:00pm - 4:30pm
Early Drop off	8:00am - 8:30am
Aftercamp	4:30pm - 6:00pm

## SAMPLE SCHEDULE

8:30 - 9:00am	Dropoff/Group Mtg
9:00 - 10:30am	Morning Activity 1
10:30 - 11:00am	Snack & Break
11:00 - 12:00pm	Morning Activity 2
12:00 - 1:00pm	Lunch
1:00 - 2:00pm	Quiet Time/ Naps
2:00 - 3:00pm	Afternoon Activity 1
3:00 - 3:30pm	Snack & Break
3:00 - 4:15pm	Afternoon Activity 2
4:15- 4:30pm	Wrap Up/Pick Up

## PRICING

Full Day Weekly	\$579/week
Half Day Weekly	\$449/week
Single Day (M -Th only)	\$149/day

*Early Morning Drop Off @ 8AM and After Camp till 6pm also available*

### Early Drop-off and AfterCamp

Early Drop off is \$10 per day or \$50 per week if paid in advance. Aftercamp is \$30 per day or \$150 per week if paid in advance. You can drop off between 8:30-9:00am at no charge. Please contact GRIT if you need late pick-up and we will work to accomodate.

4th of July week campers will have their camp prorated by staff once booked.

- Activities are swiched up each day depending on the weather. Campers are put into age appropriate teams each morning and follow a flexible structured calendar of activities and competitions daily. All schedules can be viewed on our GRIT Adventure Camp App (must be registered at camp)
- One hour+ swimming instruction is held at NJCU twice weekly (for full week campers only)
- Our goal is to be outdoors as much as possible!
- To provide a new experience each day 3 Sports and 1 STEM/Enrichment and/or Arts & Crafts per day. .
- First 2 weeks and the last 2 weeks of the season will be held at GRIT's Marin Campus for all campers. No Swimming classes will be held during those weeks
- All Campers must be potty trained!



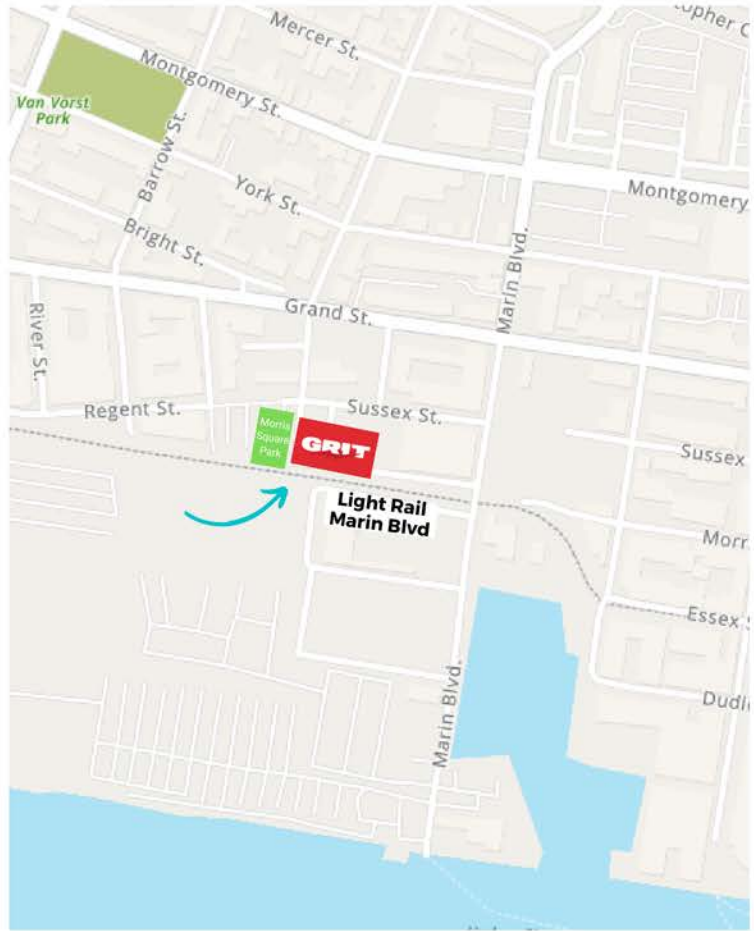
# GRIT EXPLORER SUMMER CAMP

Morris Square Park 201 Marin Blvd Jersey City NJ 07302

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GRIT Explorer Camp is located in the GRIT Sports Training facility. This 5000 sq foot gym includes a rock climbing wall, obstacle course floor, basketball hoops, Parkour and Ninja equipment, sprinter track, arts & crafts room and more.

Located right across the street from Morris Square Park, GRIT Explorer Camp provides the perfect setting for a great summer of exploration, new friendships and personal growth



**AMERICAN CAMP ASSOCIATION MEMBER**



GRIT's camps are designed to follow/exceed the NJ Dept of Health rules & regulations. GRIT is the only camp in Jersey City that is a member of the *American Camp Association (ACA)*, the national standard for top camps around the country. The ACA has rigorous accreditation standards that focus on health, safety, and risk management, and staffing and are used as benchmarks by government entities.

ACA membership provides public evidence of a camp's commitment to the well-being of campers and staff.

As parents of five boys, providing a fun and safe camp is our top priority. We take this very seriously and will communicate, educate, implement and enforce safety standards that meet and exceed what is recommended to ensure our students, athletes, staff and the community are safe and healthy.

**PLAY SPORTS | BUILD FRIENDSHIPS | GROW CONFIDENCE**

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**QUESTIONS? PLEASE CONTACT US AT: (201) 596-6626**

SUMMER 2024

**GRIT**

# ADVENTURE CAMP!

For 6 to 14 yrs

Lets  
Go!



PLAY SPORTS | BUILD FRIENDSHIPS | GROW CONFIDENCE





# GRIT ADVENTURE HAMILTON PARK

**Ages 6-14 yrs | 9:00am- 4:30pm | Full & Half Day Options**

Location: GRIT Adventure Camp Outpost - 175 8th Street Jersey City ( the former St. Anthony's HS)  
**13 WEEKS: JUNE 12TH- -SEPTEMBER 8th\* (PICK & CHOOSE YOUR DAYS/WEEKS)**

## Spend the ultimate summer with **GRIT Adventure Camp 2024!**

GRIT has you covered with a host of fun outdoor activities including **Parkour+ Ninja, Soccer, Pickleball, Skateboarding, Basketball, Gymnastics, Adventure Field Trips, Water Slides and water Gun Fights, Swimming at NJCU, FAB FRIDAYS! and more!**

This year GRIT brings even more activities and options to the mix! Our "pop-up" **Hamilton Park** summer location, we adds over 7000 sq feet of space with an outdoor basketball court, a large shaded area and close access to parks and fields in the neighborhood.

No two days at **GRIT** are ever the same!

**GRIT** offers Full-Day and Half-Day options all designed to be built around your schedule and specifically to bring a fun and rewarding summer camp experience that's close to home.

Register by the day, week, or spend the entire summer with us!

**You decide! No having to buy weeks of camp. We are here when you need us.**

### **ACTIVITIES INCLUDE:**

- **PARKOUR + NINJA**
- **GYMNASTICS**
- **SPORTS TRAINING**
- **SKATEBOARDING**
- **FIELD SPORTS**
- **FIELD TRIPS**
- **OUTDOOR EXPLORATION**
- **SWIMMING @ NJCU**
- **BASKETBALL**
- **SOCCER**
- **ACADEMIC ENRICHMENT/ STEM**
- **ARTS & CRAFTS**

### **What's Included:**

- GRIT Summer Camp T-shirt (additional T-Shirts can be purchased for \$25)

### **What to Pack:**

- Lunch\* & Snacks
- Sunscreen
- Water Bottle

Don't have time to pack a lunch? You can now order lunch via our partner [Simplygourmenlunches.com](https://www.simplygourmenlunches.com) and it will be delivered to your camper daily.



**PLAY SPORTS | BUILD FRIENDSHIPS | GROW CONFIDENCE**

**QUESTIONS? PLEASE CONTACT US AT: (201) 596-6626**

# GRIT ADVENTURE SUMMER CAMP



**Ages 6 - 14 yrs | 9:00am- 4:30pm | Full Day/ Half Day**

Location: GRIT Adventure Camp Outpost - 175 8th Street Jersey City ( the former St. Anthony's HS)  
**12 WEEKS: JUNE 10TH - SEPTEMBER 5TH\* (PICK & CHOOSE YOUR DAYS/WEEKS)\***

## CAMP HOURS MONDAY - FRIDAY

Full Day	9:00am - 4:30pm
Half Day AM	9:00 am - 12:00pm
Half Day PM	1:00pm - 4:30pm
Aftercamp	4:30pm - 6:00pm
Early Drop Off	8:00am - 8:30am

## PRICING

Full Day Weekly	\$579/week
Half Day Weekly	\$449/week
Single Day (M -Th only)	\$149/day

### Early Drop-off and AfterCamp

Early Drop off from 8-8:30AM and is \$10 per day or \$50 per week if paid in advance. Campers can arrive 8:30-9:00am at no charge.

Aftercamp \$30 per day or \$150 per week if paid in advance.

4th of July week campers will have their camp prorated by staff once booked.

## SAMPLE SCHEDULE

8:30 - 9:00am	Dropoff/Group Mtg
9:00 - 10:30am	Morning Activity 1
10:30 - 11:00am	Snack & Break
11:00 - 12:00pm	Morning Activity 2
12:00 - 1:00pm	Lunch
1:00 - 2:00pm	Afternoon Activity 1
2:30 - 3:00pm	Snack & Break
3:00 - 4:15pm	Afternoon Activity 2
4:15 - 4:30pm	Pick up/ Group Mtg
4:30pm	After Camp Begins

- Activities are switched up each day depending on the weather. All schedules and activities can be viewed on our GRIT Adventure Camp App.
- One hour+ swimming instruction and pool fun at NJCU twice a week. Campers will be bused via Licenced bus company. Swimming for Full -Week Campers only!
- Our goal is to be outdoors as much as possible!
- To provide a new experience each day 3 Sports and 1 STEM/Enrichment and one Arts & Crafts per day.
- Kids split into age-appropriate teams for all activities.
- First 2 weeks and the last 2 weeks of the season will be held at GRIT's Marin Campus for all campers.



**SUMMER 2024**

# **GRIT ADVENTURE WEST SPORTS CAMP!**

At NJCU's John J. Moore Athletic and Fitness Center

**GO  
WEST!**



**PLAY SPORTS | BUILD FRIENDSHIPS | GROW CONFIDENCE**

**For 6 to 14 yrs**

# GRIT ADVENTURE SUMMER CAMP - WEST



**Ages 5-14 yrs | 9:00am-4:30pm | Full Day**

Location: GRIT Adventure WEST Camp Outpost - NJCU Athletic Complex 110 Culver Street

**WEEKS: JULY 8th - AUGUST 2nd (Available by the WEEK ONLY for WEST CAMP)**

NOTE : GRIT offers Camp June 10-September 5th at its Main Campus in Downtown JC by the day or week.

## SPORTS, FUN, SWIMMING with GRIT Adventure Camp West

Based at **NJCU's John J. Moore Athletic and Fitness Center**, GRIT has you covered with a host of fun outdoor activities including **Basketball, Swimming, Field Sports, Pickleball, Soccer, Water Gun Fights, Arts & Crafts, FAB FRIDAYS!** and more!

**GRIT Adventure West Sports Camp** is specifically designed to bring a fun and rewarding summer camp experience that's close to home.

Register by the week or spend the entire summer with us! Need fill-in camp dates? GRIT offers two other camps that provide drop-ins and that are open from the day school lets out for the summer till the first day of school!

**You decide! GRIT is here to make your campers summer special!**

**Note: Campers 11-14yr old will have their own separate cohort camp experience**



### ACTIVITIES INCLUDE:

- BASKETBALL
- SWIMMING (DAILY)
- SPORTS TRAINING
- FIELD SPORTS
- SKATEBOARDING
- PICKLEBALL
- SOCCER
- ACADEMIC ENRICHMENT/ STEM
- ARTS & CRAFTS &
- FAB FRIDAYS!

### What's Included:

- GRIT Summer Camp T-shirt (additional T-Shirts can be purchased for \$25)

### What to Pack:

- Lunch\* & Snacks
- Bathing Suit/ Towel
- Sunscreen
- Water Bottle

Don't have time to pack a lunch? You can now order lunch via our partner [SimplyGourmetLunches.com](https://www.simplygourmetlunches.com) and it will be delivered to your camper.

### NJCU Swimming Pool



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# GRIT ADVENTURE SUMMER CAMP - WEST



**Ages 5- 14 yrs | 9:00am-4:30pm | Full Day by the Week**

Location: GRIT Adventure Camp NJCU Outpost - 110 Culver Avenue Jersey City

**4 WEEKS: JULY 8th- AUGUST 2nd (PICK YOUR WEEK)**

**NOTE : GRIT offers Camp June 10-September 5th at its Main Campus in Downtown JC by the day or week.**

## CAMP HOURS MONDAY - FRIDAY

Full Day	9:00am - 4:30pm
Half Day AM	9:00 am - 12:00pm
Half Day PM	1:00pm - 4:30pm
Early Drop Off	8:00am- 8:30am
AfterCamp	No Aftercamp at NJCU Location

## PRICING

Full Day Weekly	\$579/week
Half Day Weekly	\$449/week

### Early Drop-off and AfterCamp

Early Drop off from 8-8:30AM and is \$10 per day or \$50 per week if paid in advance. Campers can arrive 8:30-9:00am at no charge.

No Aftercamp available for GRIT West at this time. Please contact us if you have questions!

4th of July week campers will have their camp prorated by staff once booked.

## SAMPLE SCHEDULE

9:00 - 9:15am	Dropoff/Group Mtg
9:15 - 10:30am	Morning Activity 1
10:30 - 11:00am	Snack & Break
11:00 - 12:00pm	Morning Activity 2
12:00 - 1:00pm	Lunch
1:00 - 2:30pm	SWIMMING
2:30 - 3:00pm	Snack & Break
3:00 - 4:15pm	Afternoon Activity 2
4:15 - 4:30pm	Pick up/ Group Mtg
4:30pm	After Camp Begins

- Activities are switched up each day depending on the weather. Calendars and updates are shared on our new GRIT Adventure App! Typical Day includes 3 Sports including swimming lessons, 1 STEM/Enrichment and 1 Arts & Crafts activity
- Campers are placed in age-appropriate teams each week. Have a friend? We will place you with them?
- First and Last 2 weeks of the season will be held at GRIT's Marin Campus as we prep and then close our HPMS and NJCU locations.



# 13 WEEKS SUMMER DAY CAMP

MONDAY - FRIDAY

June 10 - September 5



**Kids want camp, not to return to school for the summer! GRIT provides a fantastic summer day camp experience with top-notch facilities, great coaches, and the highest quality of summer sports activities combined with academic enrichment in Jersey City. From PreK to advanced level activities, campers are able to pursue their passions and fuel their athletic and academic potential all while making life long friends!**

GRIT is expanding!  
3 fantastic locations in JC!  
More sports, more skateboarding, more Basketball, SWIMMING, more FUN!

## Summer Camp Dates:

Week 1	June 10	Nature Week
Week 2	June 17	Art through the Ages
Week 3	June 24	Heroes/Villains
Week 4	July 1	Stars & Stripes
Week 5	July 8	Inventors & Engineers
Week 6	July 15	All Ball
Week 7	July 22	GRIT Olympics
Week 8	July 29	GRIT Olympics (cont.)
Week 9	August 5	Spirit Week
Week 10	August 12	Wizards and Witches
Week 11	August 19	Field of Dreams/ Favorite Sports Teams
Week 12	August 26	Top Secret Mission
Week 13	Sept 2	Staff Appreciation

Our summer camp weeks are designed for fun and growth! Your camper will love GRIT!

# Fab Fridays

Ice Cream | Pizza | FUN Games | Inflatables | Live DJ | Water Battles

*Activities vary by week!*

**PLAY SPORTS | BUILD FRIENDSHIPS | GROW CONFIDENCE**

**QUESTIONS? PLEASE CONTACT US AT: (201) 596-6626**

# CAMP PRICING 2024

Register early as Spaces in Each Camp can reach maximum capacity for any given week!

	Daily Drop-In	Half Day Weekly	Full Day Weekly
GRIT Explorer	149	479	579
GRIT Adventure	149	479	579
GRIT Adventure West	149	479	579

## EARLY DROP-OFF & AFTERCAMP

**Early Drop Off 8:00-8:30am | \$10 per day or \$50 per week**  
 Drop-off between 8:30-9:00am with no charge.  
 Camp starts at 9:00am at all locations.

**AfterCamp is offered at Explorer and Adventure Hamilton Park**  
**\$30 per day or \$150 per week**  
 Pick-up is between 4:30-6:00pm

## DISCOUNTS & Limited Time Offers

Discounts Valid **ONLY** at the time of registration and discounts can not be combined. Discounts do not apply to Aftercare. Discounts are limited time offers and expiration dates apply.  
 Please contact [info@gritsportstraining.com](mailto:info@gritsportstraining.com) for more information

## REGISTER EARLY

Multiweek discounts are provided for 4+ weeks of camp. Call for details!  
 Prices increase on May 15th for all camps! Register early to save!

## CANCELATION/REFUND POLICY:

If you register for camp, then you confirm you agree with the terms and conditions set forth:

- **All Registrations are Final.**
- Summer 2024 Camp Tuition is not eligible for credits or refunds.
- There are no partial credits for missed days unless with a signed doctor's note\* (15% surcharge applies) explaining the camper's medical condition resulting in the inability to attend camp.
- Make-up days are not guaranteed and must be scheduled for before the last week of camp at your location, subject to availability.
- **BUY NOW/SAVE NOW/ PLAN LATER** - Program provides ability to change dates before May 15th with one change per family. After May 15th, changes are allowed but are subject to availability with a \$50 change fee.
- We need 1+ weeks notification so we can ensure that we are staffed appropriately to honor the change. See our website for policy details.

June						
Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

July						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			
Note: July 4th week will be prorated retroactively by our staff						

August						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

**PLAY SPORTS | BUILD FRIENDSHIPS | GROW CONFIDENCE**

**QUESTIONS? PLEASE CONTACT US AT: (201) 596-6626**



# GRIT SPORTS TRAINING MISSION & VALUES

- 1** To help develop "GRIT" through movement and mind programs.
- 2** GRIT's structured, progressive programs and camps focus on developing strength, agility, balance, and coordination while building self-confidence.
- 3** Athletes learn that exercise is fun and part of a healthy lifestyle and that in order to succeed you must persist and be dedicated.
- 4** Every week our athletes tackle new challenges and obstacles through fun games and challenges. This teaches them they can achieve anything they put their minds to!
- 5** That's why GRIT's motto is "Never Give Up!"



QUESTIONS? PLEASE CONTACT US AT: (201) 596-6626



# CAMP PACKING LIST



**CAMPER'S NAME  
ON EVERYTHING!**

## ✓ **PACK IN YOUR BACKPACK:**

Extra Shirt  
Refillable Water Bottle  
Sunscreen (stays at camp)  
Ziplock Bag for wet cloths  
Healthy Snacks  
Swimsuit/Towel\*  
(For Swimming and Water Play Days )

## ✓ **Wear Sneakers Every Day!**

## ✓ **Optional Items:**

Flip Flops (for water play)  
Hat/Sunglasses  
Goggles (for water play)  
Bug Spray  
Spare set of clothes

**Skateboards & Skateboard gear is optional. We have everything at GRIT:)**

## ✗ **DO NOT BRING:**

Valuables  
Electronics/Phones  
Trading Cards  
Expensive Sports  
Equipment

Campers will not be on their phones. Please leave them at home!

GRIT is not responsible for lost or damaged personal items.



**PLAY SPORTS | BUILD FRIENDSHIPS | GROW CONFIDENCE**

**QUESTIONS? PLEASE CONTACT US AT: (201) 596-6626**

# GRIT CAMP APP

NEW



## STAY IN THE KNOW!

Stay in the know with GRIT! We can't wait to show you all the fun things your camper is doing this Summer!

That's why we have invested in a GRIT Camp App so you can follow the fun as your camper moves from activity to activity!

See Daily Calendars, Upcoming Events, Field Day news and view/download/share pictures of your camper and their friends... memories that will last a lifetime!



### GRIT CAMP APP

- ✓ Keep up to date on camper schedules, upcoming events, and more
- ✓ Browse, download and share pictures of your camper
- ✓ Schedule reminders and updates so you can check in on the action



**PLAY SPORTS | BUILD FRIENDSHIPS | GROW CONFIDENCE**

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**2024  
ADVENTURE  
SUMMER  
CAMP**



**NEW TO GRIT?**  
**Come join us for a **FREE TRIAL** class!**

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**GRIT SPORTS TRAINING (201) 596-6626**  
**[www.gritsportstraining.com](http://www.gritsportstraining.com)**



# GRIT 2024 SUMMER CAMP

JUNE 12TH - SEPT 8TH



## Swimming | Sports Adventure | Fun!

WIN A FREE  
WEEK OF  
CAMP!



WIN A FREE  
WEEK OF  
CAMP

Learn More!

3 CAMPS | ENDLESS FUN!

Explorer Camp for 3-6 yrs | Adventure Camp for 6-14yrs | Adventure West for 5-14 yrs

[www.gritsportstraining.com](http://www.gritsportstraining.com) | 201-596-6626