



Madelia Junior Hawks

Summer Training Camp for students entering 4th to 7th grades

Keeping kids healthy and active this summer

10 to 11:15 a.m.
Wednesday, June 19th and 26th and
Tuesday, July 9th and 16th, 2019
Madelia Elementary School Gymnasium

(Training is indoors and outdoors - rain and excessive heat are not concerns.)

Providing age appropriate activities, games and drills to build agility and coordination for boys and girls. Training is not specific to any one sport and led by two MCHC Physical Therapists.

Attire:

Gym shorts, t-shirt, running shoes. Also bring a water bottle and a towel.

Cost: \$25

Registration and Payment:

Required forms and online payment available at: www.mchospital.org/1906PT
Or pick up forms at Madelia Community Hospital & Clinic. Limited space available.

Space is limited!
Please sign up by 5/17/2019!
Questions?
Call Jamie or Mike at
507.642.5211

Presented by:

Jamie Hitchcock, PT, DPT, ATC
Physical Therapist and
Certified Athletic Trainer

Michael Doering, PT, DPT
Physical Therapist



Madelia
Community
Hospital & Clinic

Return completed registration forms to jamiehit@mchospital.org or
mail to: MCHC Physical Therapy, 121 Drew Ave SE, Madelia, MN 56062