

TOTALLY DESIGNED BODY INC.
PRESENTS SPARTS CAMP
(SPORTS AND PERFORMING ARTS CAMP):

HARWOOD UNION HIGH SCHOOL IN DUXBURY VERMONT
MONDAY JULY 9–SATURDAY JULY 28
8:00AM–3:00PM

PERFORMING ARTS & SPORTS CAMP 2007

AGES 5 AND UP

We will provide your child with an unforgettable experience that will give him or her self-confidence and discipline. The end product will be an incredible performance to show the children's talents and hard work. The program is aimed to uncover the voice, dance and acting talents all children possess.

This is what you have all been waiting for – a camp that brings the City to you, with professionals who will develop the hidden talents and sports abilities within your child. Have your children become more confident in life. Help them gain an edge in their sports events and be in the greatest shape, through safe and effective training.



DANCE, VOICE, ACTING & MINI SPORTS TRAINING

Sharpen your skills to be a more dynamic performer, with professional coaching – whether you are a seasoned performer or never stepped on stage before. This camp will be like working with a professional theatre, with discipline, sweat — and fun! — and all the excitement of opening night.

SPORTS CAMP

You will fine-tune your body, create a balanced and more agile body, be in great shape for whatever sport(s) you participate in, and work as a team. You will be stronger and more confident. Camp will end with a demonstration that will surprise all with its creative twist on sports.

Email: info@totallydesignedbody.com

PROFESSIONAL LEADERSHIP



Tara Dawn Bach-Martinez, *Program Director*, is the co-owner of Totally Designed Body, Inc., and has taught and choreographed

around the world. An athlete and dancer, she has danced professionally and been in musical theatre in New York City and around the country, and was a ski racer and long-distance cyclist. She is also an exercise physiologist, medical exercise specialist and Pilates instructor.



Victor Martinez, *Sports Camp Director*, works with competitive teen athletes in New York City. He has an extensive sports background,

including semi-pro ball and as an avid tennis player. He is an exercise specialist, personal trainer, Pilates instructor, licensed massage therapist and occupational therapist.

Jenneth Fleckenstein, *Assistant Director*, has danced, played piano and was involved in musical theatre from the age of 6. She has been a singer, co-director of a Vermont children's dance program, and was senior assistant student for TDB's performing arts program for 6 years, which she also attended for 11 years. Jenneth is a state-licensed and nationally certified athletic trainer and strength & conditioning specialist.



TOTALLY®
DESIGNED
BODY

CONTACT INFORMATION

Name of Child _____ Age: _____ Telephone: _____

Address: _____

Program Choice (check one): Arts and Sports _____ Sports only _____

Years of dance: Tap _____ Ballet _____ Jazz _____

History of sports/dance: _____

DEADLINE FOR REGISTRATION: MARCH 15, 2007

Please direct all questions to: Totally Designed Body, Inc., P.O. Box 2369, New York, NY 10108

Phone: 212.868.1015, Email: info@totallydesignedbody.com

STEP 1: Fold along dotted line

DANCE/VOICE/ACTING/MINI SPORTS TRAINING				SPORTS CAMP ONLY			
5 to 6 (M - TH)	8:30-10:30	Level 1*	\$300	7 to 9	8:30 - 12:30	Level 2	\$450
7 to 9	8:30-12:30	Level 2	\$475	10 to 12	8:30 - 1:30	Level 3	\$600
10 to 12	8:30-1:30	Level 3	\$600	13 and up	8:00 - 1:30	Level 4	\$650
13 and up	8:00-3:00	Level 4	\$700	<i>(last week all levels except level 1 will be 8:00AM - 3:00PM)</i>			

*Performing arts only

Tara has successfully run this program in Vermont for 11 years, with an 84% student return rate.

TESTIMONIALS

"I loved the work involved and I loved to produce a great show. It taught me discipline, structure, an awareness of my body, how to be strong and stay strong, and how to have a presence. This has helped in all aspects of school, life and career." -*Jenneth Fleckenstein, age 25, 11-year participant, Certified Athletic Trainer and Strength & Conditioning Specialist, RehabGYM, Williston, VT*

"It was my first in everything! Song, vocal training, theatrical training, acting, tap, jazz, ballet, multicultural forms of dance - and it allowed me to build personal confidence on stage and establish long friendships which I still maintain." -*Mariami Bibilouri, age 19, 6-year participant, Sophomore, Emerson College, Boston MA*

"The program, for me, was an amazing summer of doing what I loved to do... It taught me how to carry my body, how to move. It gave me strength to do anything." -*Alex Kilgore, age 20, 7-year participant, Junior, Indiana University, Bloomington IN*

"All kids somewhat interested in exercise or dance should join this program because it really helps with meeting new kids in the area and it teaches such important lessons. The day is completely filled with exercise and discipline, and teaching kids lessons that usually take years to learn." -*Chelsea E. Forsthuber, age 18, 8-year participant, Freshman, Endicott College, Beverly MA*

STEP 2: Fold along dotted line

From: _____

PLACE
STAMP
HERE

**Totally Designed Body, Inc.
P.O. Box 2369
New York, NY 10108**

STEP 3: Place tape here and attach to back of form