



## HEALTHY HEARTS YOUTH CAMP

June 19<sup>th</sup>, 2013

TIME: 6:00 pm – 8:00 pm

*Proceeds from the camp will benefit the Metro Health Hospital Foundation Keeping the Beat Program, which provides FREE heart screens for local high school students.*

**LOCATION:** Forest Hills Northern High School

**REGISTER:** Online [www.metrohealth.net/foundation/youthcamp](http://www.metrohealth.net/foundation/youthcamp) (or mail registration form below)

**COST:** \$15 per student (includes camp t-shirt)

**AGE:** Students in Grades 5th – 8th (grade in Fall 2013)

*The basketball and football sessions will focus on fundamentals, leadership, nutrition, strength and conditioning.*

### Jared Veldheer Football Camp

A 2005 graduate of Forest Hills Northern High School and a two time All-American Football player at Hillsdale College, Jared has



started the last 43 games for the NFL Oakland Raiders at left tackle. Jared will be joined by a team of elite local football players who train at his PowerStrength Training Systems.

### Allyssa DeHaan-Clark Basketball Clinic

From Grandville High School where she earned the prestigious Miss Basketball award in 2005, to Michigan State University where she was a four year starter, Allyssa has earned numerous accolades. At MSU, she is ranked fourth all-time in career points (1,649), rebounds (919) and she is one of just three Spartans to place in the top-five of both categories.



*Parents are welcome to attend on June 19th for an information session on the importance of cardiac screenings for youth, concussion awareness, and injury prevention from Dr. Ed Kornoelje and his team.*

## June 19<sup>th</sup> Registration Form

PLEASE CHECK DESIRED SESSION:

Jared Veldheer Football Camp

Allyssa DeHaan-Clark Basketball Clinic

Camper's Name (first and last) \_\_\_\_\_

Grade in Fall 2013: \_\_\_\_\_ Gender: \_\_\_ M \_\_\_ F

T- Shirt Size: YS \_\_\_ YM \_\_\_ YL \_\_\_ YXL \_\_\_ AS \_\_\_ AM \_\_\_ AL \_\_\_ AXL \_\_\_

Parent's Name (first and last): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email address: \_\_\_\_\_

Phone: Cell ( \_\_\_\_\_ ) \_\_\_\_\_



Register online or make checks payable to the Metro Health Hospital Foundation.  
Mail form and payment to: 5900 Byron Center Avenue, Wyoming Michigan 49519