

EASTER BREAK 2025



BRONCO PE CAMP



WITH EXTENDED CARE!

When	April 21st - 25th, 2025 from 8:30am-3pm Monday-Friday. Extended Care available from 3:00-6:00pm.
Where	St. Thomas More Gymnasium @ St. Thomas More School (50 Thomas More Way. San Francisco, CA 94132)
Who	Any boy or girl in K, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th or 8th grade. The Camp is led by Trevor Duckworth, PE Manager at St. Thomas More & Athletic Director/ PE Teacher at St. John School. Coach Trevor comes with 20+ years of youth coaching experience with the SF Archdiocese, the Golden State Warriors and other programs. Please see his LinkedIn page ("Trevor Duckworth, M.S.") or his website (www.benchmarkathletics.com) for more info.
Cost	\$450 per child. Pro-rates available (\$90/day). Make payment to " <u>Benchmark Athletics</u> " with memo " <u>Easter PE Camp.</u> " Accepting cash, check, venmo (@benchmarkathletics) and CC's. For CC's, call or text Trevor's cell at 831-419-5733 to schedule a transaction in person or to make a transaction over the phone. Mail checks to 1768 Great Highway, SF, CA 94122. Afternoon extended care from 3:00-6:00 is \$15/hour and can be dealt with on the last day of camp prior to dismissal.
Includes	Certificate, prizes, improved skills, increased knowledge, and some snacks. Lunch not provided. Please provide a lunch for your child. Please no Nuts.
Registration	Make payment and complete / return registration page by email or snail mail: benchmarkathletics001@gmail.com / 1768 Great Highway. SF, CA 94122
Deadline	Registration and payment deadline is Sunday, April 20th at 7pm or until maximum capacity is reached. Register early as these spots will fill up. For any questions or concerns please email or call Coach Trevor Duckworth (benchmarkathletics001@gmail.com ; 831-419-5733).

 The Official Registration Page 

2025 Easter Break PE Camp

[April 21st - 25th from 8:30am-3pm]

Extended Care Available Before and After Camp

Camper Name: _____

Any Food Allergies? If so please specify: _____

Camper's Grade Level: _____ Age: _____

Guardian (1) Name: _____ Relationship: _____

Guardian(1) Email: _____

Guardian (1) Emergency Contact Number: _____

Guardian (2) Name: _____ Relationship: _____

Guardian (2) Email: _____

Guardian (2) Emergency Contact Number: _____

Address: _____

City/Zip: _____

2025 Easter Break PE Camp Fees	Extended Care Fees
\$450 per child	**PM Session (3:00-6:00) = \$15/hour
Please make payment to <u>Benchmark Athletics</u> <u>benchmarkathletics001@gmail.com</u>	*Venmo: @benchmarkathletics *Credit Card: Call or text 831-419-5733 to schedule a transaction over the phone. *Cash / Check to 1768 Great Highway. SF, CA 94122

Please return this document with payment to Trevor Duckworth, Benchmark Athletics

The Schedule

Time	Activity
8:30-10:00	Morning Shootaround. One on One Instruction
10:00	1st Whistle: Campers to Roll-Call Lines
10:00-10:15	Stretching & Sports Trivia
10:15-10:45	Warm-Ups
10:45-11:25	Offensive Drills / Footwork
11:25-11:50	More offensive drills
11:50-12:00	Listening Game
12:00-12:30	Lunch: All campers to remain on campus
12:30-12:45	Afternoon Shootaround
12:45-1:15	Defense and Conditioning
1:05-1:25	Large group work
1:25-1:45	Small group work
1:45-2:00	Video Inspiration
2:00-2:55	Game Time!
2:55-3:00	Closing remarks & dismissal
3:00-6:00	Afternoon session of Extended Care