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WEST VIRGINIA STATE UNIVERSITY
600 CURTIS COMPLEX
P.O. BOX 1000
INSTITUTE, WV 25112-9987

Daily Schedule *Subject to Change*

Day 1

8:00-8:30 AM	Registration
8:30-9:00 AM	Culinary Demo.
9:00-9:30 AM	Breakfast
9:30-10:00 AM	Clean Up
10:00-11:00 AM	Nutrition Activity
11:00-12:00 PM	Group Activity— Lunch Prep.
12:00-12:30 PM	Lunch
12:30-1:00 PM	Clean Up
1:00-4:00 PM	Fitness Activity
4:00-5:00 PM	Healthy PM snack

Days 2-3

8:00-9:00 AM	Group Activity— Breakfast Prep.
9:00-9:30 AM	Breakfast
9:30-10:00 AM	Culinary Demo.
10:00-10:30 AM	Label Reading/ Menu Planning
11:00-12:00 PM	Group Activity— Lunch Prep.
12:12:30 PM	Lunch
12:30-1:00 PM	Clean Up
1:00-4:00 PM	Fitness Activity
4:00-5:00 PM	Healthy PM snack

Day 4-5

8:00-9:00 AM	Group Activity— Breakfast Prep.
9:00-9:30 AM	Breakfast
9:30-10:00 AM	Culinary Demo.
10:00-10:30 AM	Label Reading/ Menu Planning
11:00-12:00 PM	Group Activity— Lunch Prep.
12:12:30 PM	Lunch
12:30-1:00 PM	Clean Up
1:00-4:00 PM	Fitness Activity
4:00-5:00 PM	Celebration/Graduation

Fitness Nutrition Literacy

FASTTRACK

To A Healthy Lifestyle

Fast Track Day Camp

SHAWNEE CLUBHOUSE

JUNE 17–21
AND
JULY 8–12, 2013

1891
WEST VIRGINIA STATE UNIVERSITY
Extension Service

wvstateu.edu/extension

Fast Track Day Camp

Fast Track is one of several nutrition education programs offered by West Virginia State University Extension Service. Students who have completed 5th, 6th or 7th grades in the current school year will learn about cooking, kitchen safety, safe food handling, basic nutrition, consumer literacy and fitness activities, including swimming, tennis and golf.

This program will assist the students in becoming more confident with their eating choices as well as preparation of healthy foods and snacks, plus developing ways of having a more active lifestyle.

Hands-On Activities

The Fast Track Day Camp gives middle school students the opportunity to spend a week learning all about food and cooking from the pro's.

Local chefs and teachers will demonstrate a new cooking technique each day. The students will work in small groups to make and eat their own creations for breakfast, lunch and afternoon snack.

Physical Activity

Participants will have fun in fitness activities including XBox Kinect, Wii Fitness, the basics of golf, swimming and tennis from certified pro's.

WVSU EXTENSION, A DIVISIONS OF THE GUS R. DOUGLASS INSTITUTE, IS AN EQUAL OPPORTUNITY, AFFIRMATIVE ACTION INSTITUTION THAT DOES NOT DISCRIMINATE ON THE BASIS OF RACE, COLOR, RELIGION, SEX, NATIONAL ORIGIN, AGE, DISABILITY, OR VETERAN STATUS IN ITS EMPLOYMENT, PROGRAMS OR ACTIVITIES.

How do I sign up?

There is no cost to attend the camp. Complete the registration form and mail it back to the address on the application. Two sessions are available for 20 participants each, so be sure to mark your first and second choice of dates. Your session assignment will be on a first come, first served basis.

Questions?

Please contact:
Mr. Mike Ferrell, Fast Track Coordinator
(304) 380-2082
- or -
Kelli Batch, 4-H Program Leader
kjackso2@wvstateu.edu

NOTE: Each person must provide his/her own transportation to and from the camp.

WVSU Extension Service and WVSU 4-H are divisions of The Gus R. Douglass Land-Grant Institute. For more information about this and other program offerings, contact:

304-204-7973
wvstateu.edu/extension

FASTTRACK

Fast Track Day Camp

PRE-REGISTRATION FORM

Registration is by mail only.
No phone-in registrations.
Capacity is limited to the first 20 students.

Shoe size: _____

Session Choice (1st and 2nd)
_____ Monday, June 17–Friday, June 21, 2013
_____ Monday, July 8–Friday, July 12, 2013

_____
Student Name

_____
Mailing Address

_____
City, State, Zip

_____
Home / Cell Phone Number

_____
E-mail

_____
Please Print Parent/Guardian Name

Only current middle school students are eligible to participate in this program.

I agree to provide transportation for my child to get to and from the WVSU Fast Track Day Camp each day. The camp starts at 8:00 AM and ends at 5:00 PM.

_____
Parent/Guardian Signature

_____
Date