



Hey Young Athletes & Families!

February is here, bringing chilly mornings, exciting games, and of course, Valentine's Day! This month, we're focusing on strength, heart health, and FUN, because in sports and in life, having a strong heart—both physically and emotionally—makes all the difference!

HEALTHY HABITS FOR A STRONGER HEART

February is American Heart Month, so let's show our hearts some love! Here are three simple ways to keep your heart healthy and your energy high for practice and play:

Eat Heart-Healthy Foods:

Fill your plate with fruits, veggies, lean protein, and whole grains. Try snacking on almonds, berries, and yogurt for a tasty, energy-boosting treat!

Stay Hydrated:

Water is key to peak performance! Keep a reusable water bottle with you and sip throughout the day—your muscles (and heart) will thank you.

Get Moving Every Day:

Whether it's drills at camp, a game of tag, or a family walk after dinner, aim for at least 60 minutes of activity every day.

VALENTINE'S DAY FUN – SPREAD KINDNESS!

Sports are all about FUN and encouragement, and Valentine's Day is the perfect time to show appreciation for your teammates! Try these fun challenges:

Write a note of encouragement to a teammate.

A simple "You played great today!" can mean a lot.

Challenge yourself to a "Heart Healthy" workout

Set a goal to do 14 jumping jacks, squats, or push-ups on Valentine's Day!

Make a homemade Valentine's Day snack

Try heart-shaped fruit kabobs or yogurt parfaits with strawberries!

SUMMER CAMP REGISTRATION
Summer Camp registration is LIVE!

[REGISTER NOW!](#)

SESSION 1: June 23 – June 27

SESSION 2: July 28 – August 1

9:00am – 12pm

South Suburban Sports Complex Turf

EARLY BIRD PRICING*:

\$400 / Child / Camp

\$350 / Sibling / Camp

*Prices increase \$50 on May 1, so register early!

NEW THIS SUMMER - LEVEL UP

In order to continue to best serve our more experienced athletes and campers that have attended multiple camps, we are introducing our new LEVEL UP programming this summer. Camp will take place at the same time and place, but this group of campers will go through more advanced drills and training for the two sports of their choice to keep them growing, progressing and honing their skills, all while still emphasizing fun!

LEVEL UP is open to campers ages 8-12, with a minimum of 2 years of experience in multiple organized sports, or 3 FUN camps.

Contact us if you have any questions on this new programming!

Let's keep training, fueling our bodies with good food, and spreading kindness on and off the field!
Wishing everyone a fantastic February filled with fun, friendship, and fitness!

See you at camp!

Thank you,
Fundamental Coaching Staff

Visit [Fundamental Youth Sports](#) for more information and follow us on [Instagram](#)!

