



Personal Fitness Merit Badge (Eagle Required)



Scouts have the opportunity to earn this Eagle Scout required merit badge at one of our area's newest professional athletic sports training facilities!! The professional trainers and nutritionist of **Tidewater Performance Center** are making this opportunity available to a maximum of 20 scouts within the Colonial Virginia Council. Registration for this opportunity is on a first come basis. Please see below scheduled dates and times. **There is no registration cost associated with this event.** For detailed information on Tidewater Performance Center please visit: www.tidewaterperform.com

Meeting times for each of these Saturdays are from 10:00am to 11:30am

- August 23-** Initial assessment with trainers, establish baseline and identify areas to improve.
September 5- Develop comprehensive 12 week physical fitness program based on initial assessment results.
October 11- Sports Nutrition and the importance of good eating habits and maintaining lifelong health.
November 15- Final assessment. Results, and trainer sign off on merit badge workbook.

Location: **Tidewater Performance Center** 751 J. Clyde Morris Blvd
Newport News VA

Registration: Please complete the below information and mail or return this entire form to our Scout Shop at 11721 Jefferson Ave, Newport News, VA 23602 to the attention of Will Bridges.

Or scan and email to William.bridges@scouting.org

DEADLINE FOR REGISTRATION IS AUGUST 21, 2014 7:30PM

Scout Participant Information Personal Fitness Merit Badge Registration at Tidewater Performance

Name: _____ Address: _____

Home Phone: _____ Scout Email Address: _____

Parent Email Address: _____ Troop Number: _____ Age: _____

Parent Cell Phone Number: _____ Rank: _____

- *Parents are encouraged to tour facility during merit badge sessions
- *Visit www.tidewaterperform.com



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