

St. Lucie County Cooperative Extension
8400 Picos Road, Suite #101
Fort Pierce, FL 34945
(772) 462-1660

PRESS RELEASE

X-treme Sports Camp

Camp Name: St. Lucie County 4-H

When: June 22 - 26, 2009/ Mon - Fri, hours: 9:00 - 4:00 p.m.

Where: St. Lucie County Cooperative Extension
8400 Picos Road - Fort Pierce, FL 34945-3045

Theme: *X-treme Sports ... guaranteed to get your adrenaline pumping ... not for the "weak n frail"!*

From
Wikipedia

An *X-treme sport* (also called action sport, adventure sport, and adventurous sport, which may increase adrenaline rush in participants (a misnomer, since often the rush obtained is a product of increased levels of dopamine endorphins and serotonin), other description at http://en.wikipedia.org/wiki/Extreme_sports.



The St. Lucie County "X-treme Sports 4-H Camp" will kick your endorphins up a notch on adventurous sports while learning about nutrition to keep your strength up for those death defying feats.



And some of these feats will be riding the great white surf on your very own surfboard; sumo wrestling, jousting, swimming, soccer, dodgeball, and kayaking in the Lagoon.

Are you brave enough to make the cut? Join us at X-treme Sports and find the thrill seeker in you!

Ages: 11 - 15
Cost: \$125.00

Deadline to
Register: June 12, 2009

Contact: Kate O'Neill // (772) 462-1660 or email at: kasmi@ufl.edu



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