



NINJA WARRIOR SUMMER CAMP

REPORT CARD

Name of Camper: _____

Counselor: _____

Weekly Theme: _____

Mental Skills	Needs Focus		Good Progress		Beyond Impressive	
	Start	End	Start	End	Start	End
Experienced Each Moment (Stayed Positive)						
Embraced Adventure (Faced Fears)						
Elevated Their Game (Took Risks)						
Empowered Others (Teamwork)						
Evolved As A Leader						

Physical Skills	Needs Focus		Good Progress		Beyond Impressive	
	Start	End	Start	End	Start	End
Body Awareness <i>(Aerial Skills, Flow, Mobility, Balance & Flexibility)</i>						
Strength <i>(Grip, Lower Body, & Core Strength)</i>						
Power <i>(Plyometrics & Power)</i>						
Speed/Efficiency <i>(Speed, Agility, Quickness)</i>						
Adaptability <i>(Endurance, Transitions, Understanding & Using Cross-Training Techniques (Parkour, Ninjitsu, Ninjastics, Ninja Dance, etc.))</i>						