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Mike Pfeifer
Kristen Blair
Cindy & Frank Scharff

**“Generosity consists
not the sum given,
But the manner in
which it is bestowed”**
-Mahatma Gandhi

Powered by



VOLUNTEERS

Heidi Dickmeyer | Kaitlyn Dickmeyer | Emma Slattery | Wellesley Lauren
Amy Marcoux | Kendra Smallwood | Trish Zook | Tina Piercy | Marissa Cool
Valerie Howard | Sydney Lohr | Katie Davis | Anna Peters | Jodi Larsen
Emily Heinzen | Alex Preston | Mindy Rathe-Hart | Lauren Reddick
Livi Reddick | Mickey Edstrand | Judith Howard | Rebecca Jesus
Hanna Ehmke | Suzane Winkler | Mike Dickmeyer | Tracy Carmichael



July 16-18th and 23-25th

FIT *girl* INC.
2017

CAMPOWERMENT
PLATTE RIVER STATE PARK

WELCOME TO THE 2017 FITGIRL CAMPOWERMENT EXPERIENCE!



I am so excited you decided to take part in the 3rd Annual FITgirl, Inc. Summer camp! I can't wait for you to meet Omaha's best mentors, coaches, wellness professionals and inspiring young adults! You will leave the camp feeling uplifted, motivated, empowered and strengthened from this gathering of community leaders. 'BE YOUR OWN HERO' is our theme for 2017 and our hope is to expose as many young girls as possible to the endless opportunities before them that can help build confidence and provide skillsets that strengthen mind & body. Enjoy each day, soak it all in, but most importantly, have fun and put what you learn into action!

Cheri Dickmeyer
 Founder, FITGIRL, Inc.

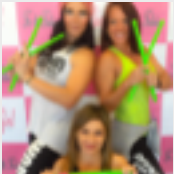


FITGIRL, Inc.

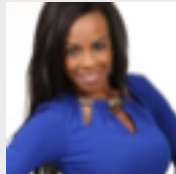
Instructors and Speakers!



Amanda Fink



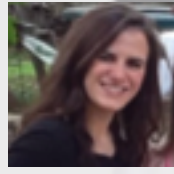
Kris Lumm



Carmen Butler



Erik Bird



Kendra Smallwood



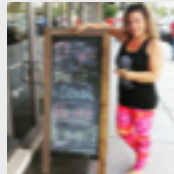
Dr. Taylor Shire



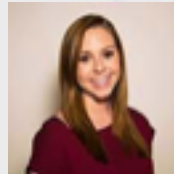
Jeannie Mursch



Claudia Brown



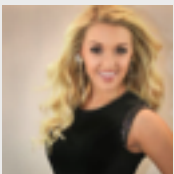
Rebecca Jesus



Becca Schollaert



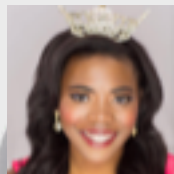
Michelle Homme



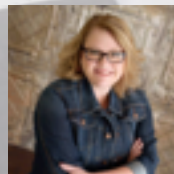
Hanna Ehmke



Joe Cole



Wellsley Lauren



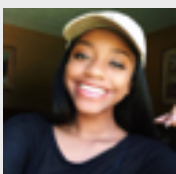
Diana Haney



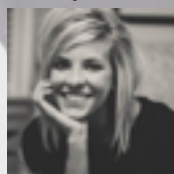
Rachael Johnson



Natalie Jensen



Kendyl Clayton



Lisa Hansen



Boys Town

SUNDAY

7:30AM Parents drop kids off at buses leaving at 8AM from ElBees - Hwy 50
 9:00AM Check In - Cabins | Rules | Park Tour
 10:00AM Yoga with Jeannie and Wellesley
 11AM LUNCH: Garden Cafe
 12PM Rachael Johnson & Wellesley Lauren
 1PM-2:45PM Rebecca Jesus/Michelle Homme
 1PM Horseback Riding
 2PM Horseback Riding
 3-5PM Swimming
 5-8PM Archery (Dinner in between)
 5PM DINNER: Meals on Grills
 5PM Kendra Smallwood
 8PM Campfire Stories
 10PM Bedtime

MONDAY

7AM Sunrise Yoga with Jeannie
 8AM Breakfast at Mallet Lodge
 9AM Paddle Boats
 9AM Arbonne - Skincare & Haircare
 9AM Game/Presentation
 11AM LUNCH with Judith Howard; hands-on cooking and career presentation
 11AM Magic with Joe Cole (8-11 years) or Diana Haney (12-14 years) Friendships
 1PM Word Rocks - Paint
 1PM Tower Climb
 1PM Horseback Riding
 2PM-4PM Henna Tattoos
 2PM Horseback Riding
 2PM-4PM Empowerment: Michelle Homme and Pilates: Christina Diers
 3PM Horseback Riding
 4PM-5:30PM Mangelsen's Craft Crashers
 4PM-5:30PM Becca: Body Image (8-11 years) or Amanda Fink: Body Image (12-14 years)
 6PM DINNER: Nutrition with Jeannie
 6PM Cheer with Carmen (12-14 years)
 6PM Empowerment: Michelle Homme
 8PM Campfire Stories
 10PM Bedtime

TUESDAY

7AM Sunrise Yoga w Jeannie
 8AM Breakfast
 9AM Boystown Presentation
 9AM Empowerment: Michelle Homme
 10AM Self Defense
 10:30AM LUNCH: Eat-Fit-Go & Dietician Speaks
 12:00PM Dr. Taylor Shire
 1PM Hiking with Jeannie | Cheri | Michelle
 1PM Horseback Riding
 1PM Craft: Lipgloss
 2PM Horseback Riding
 2PM Cheri & Michelle closing presentation
 2PM Camp evaluations and friendship exchange
 3PM Snack and Pack
 4PM Leave back to Omaha

*Schedule may change slightly due to weather, instructors, time, or unforeseen events.



Cooking classes will be taught by Judith Howard of JOH's Catering and Jeannie Mursch, FITGIRL Holistic Nutritionist and Yoga Instructor. Both ladies will discuss healthy food options with hands-on classes during lunch and dinner.

ACTIVITIES!

- Archery
- Henna Tattoos
- Campfires
- Hiking
- Paddleboats
- Swimming
- Horseback Riding