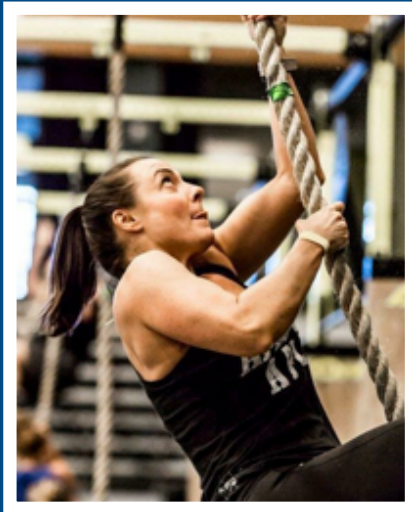


Mrs. Sarah Flynn

Counselor



Greetings! I am so excited to be back at Riverfield for my second year as a camp counselor! The 2018-2019 school year wrapped up my second year teaching middle school math and I couldn't be happier to be a part of the Riverfield community. My husband and I have been members of the RFA since 2012 as our twin daughters started at Riverfield when they were just 9 months old! I have been a competitive CrossFit athlete since 2015 and became a certified Level 1 CrossFit Trainer and CrossFit Kids Trainer in 2018. I

love CrossFit's dynamic movements, challenging pace, and the community and camaraderie that the sport naturally evokes. I believe a fit body means a fit mind! When I am not teaching or coaching, I can be found hanging out with my family and friends enjoying activities such as cooking, watching movies, hiking, golfing, traveling, and back-packing. We live on 10 acres in the country so as often as we can we enjoy the outdoors with our two dogs.

I am looking forward to spending another great week of camp with your children as they learn about the fun and exciting world of fitness!

