

Boys and Girls 2011 Track & Field Camp



Who: Any student going into 3rd, 4th, 5th, 6th or 7th grade.

Why: To introduce the sport of track and field to students. Learn that track is more than just running. There are 17 exciting events. Meet high school track athletes! See friends! Learn track and field drills and skills!

When: June 20, 21, 22, 23, 24, 2011 10:00 AM to 12:00 Noon

Where: Tri County High School Track

Cost: \$25.00 each, includes t-shirt (No refunds as shirts will be ordered ahead of time)
(\$20 each for multiple siblings)

BONUS: The Summer Lunch Program serves free lunch to all children and will be available at 12:00 each day upon conclusion of the track camp. (Adults can eat as well for a minimal charge.)

Instructors: Coach Bergman– Tri County Girls Track Athletes

Topics: Stretching/basic conditioning
Plyometrics/sprinting/hurdles
Block starts/relay techniques/field events

The clinic concludes on Friday with a friendly track meet. All participants can practice what they have learned! Parents are invited!

Please make checks payable to **Tri County Girls Track Program**

Permission slip below and money need to sent by June 17 to:

Patty Bergman
8818 96th Street
Howard City, MI 49329
or pay at the track on the first day – June 20

**PRE-REGISTRATION DUE BY FRIDAY, Friday June 17 - TO COACH BERGMAN
YOU MAY ALSO REGISTER JUNE 20 AT 9:30 AM AT THE TRACK!**

My son/daughter has my permission to participate in the Tri County 2011 Track & Field Clinic. This permission slip relieves Tri County Area Schools, coaches, and athletes from all responsibilities of any injury that may occur during the program.

Trackster's Name _____ Grade next year _____ Amt. Paid _____
Parent's Name _____
Emergency Contact Number _____

T-Shirt Size – Circle one: Youth Size: Small Medium Large X-Large
Adult Size: Small Medium Large X-Large