

Spring Lake Track and Field Camp

June 19-22, 5:30 pm-7:00 pm
Spring Lake Middle School Track
Grades: 2nd-8th (going into)



Come and see what Track and Field is all about!

Learn from:

Spring Lake Track and Field Coaching Staff
(Past and Present) SL Track and Field Athletes

Learn about:

- Hurdles and starting blocks
- Sprints and Relays
- Field Events: Long Jump/High Jump/Shot Put
- Long Distance and how to complete it!

\$20/resident

\$35/non-resident

*please make checks payable to SL Recreation Dept.

Optional: \$15 T-shirt available to order on 1st day

* A mini-meet will be held on Thursday (6/22). Parents are invited to stay and watch.

* Water will be available. Please have athletes in exercise clothing for the temps. and good running shoes each day.

* Sign up through the Recreation Dept. or on the first day of camp. Bring completed registration form (below) and fees.

Name: _____ Grade (2017/18): _____

Emergency Contact (name and phone) : _____

Contact Email: _____

Interest in Track and Field, circle 3: Hurdles Sprints Relays Long Jump
High Jump Shot Put Middle Distance Long Distance

Shirt : Y N

Size:

Payment: