

2021 Track and Field Camp

June 1st-4th 6:00 P.M.-7:30 at College Park High School



This camp is designed for all incoming 2nd thru incoming 8th graders. The goal of our camp is to provide a positive atmosphere where children will be taught the basic fundamentals of Track and Field. We will be teaching techniques that will improve speed, strength, and overall skills. Our hope is that we can help individuals become the best overall athlete that he or she can be.

We Will Cover:

Sprints, Relays, Hurdles, Mid Distance, Distance, Long Jump, Triple Jump, High Jump, and Throws

The cost is \$75 per child, and \$25 for each child of the same family.

Please make checks payable to Legacy Running, and send an RSVP to LegacyRunning@yahoo.com by scanning over the camp flyer. There will be a free T-Shirt for those who RSVP 2 weeks in advance. Check or Cash is due the first day of camp.

Please fill out the following form.

Circle T-Shirt Size YS YM YL S M L XL

Name _____ Age _____ Grade (2021-2022) _____

Address _____ City _____ Zip _____

Parents Name _____ Phone _____

Alt Phone _____

Email _____

Insurance Co and Policy # _____

Release of Liability (Waiver) I give permission for _____ to participate in the (2021) event(s) conducted by Legacy Running Club. I understand that I must provide insurance coverage for my child and acknowledge that Legacy Running Club and any agency involving Legacy Running Club shall be held harmless in the event of an injury.

Signature For Release of Liability

Parent _____

Date ____/____/2021

