

A 2014 AHS A Track and Field Camp

June 10-14
Grades 4-7

AHS Track and Field CAMP

LOCATION

Auburn High School
AHS Track Facility
Behind Basketball gym and Baseball field

DATES:

Tuesday through Saturday
June 10-13, 2014
8:00 a.m.-11:00 a.m.
June 14, 2014
Track meet at 8:00 a.m. for all
registered participants

PURPOSE:

To teach fundamentals and training for
running, throwing, and jumping events.

INSTRUCTORS:

AHS Track staff: Dan Norton,
LaDextric Oliver
AJHS Staff: Kamal Harris

TYPICAL DAY OF CAMP

Meet and stretch
STATIONS – Running Drills,
Throwing Events, Jumping events,
Relay exchanges, Starts,
and team concepts/games

ELIGIBILITY:

Boys and girls entering grades 4-7.
Campers will be grouped by age.

WHAT TO BRING:

Water bottle.
Cokes, Powerade, chips, candy, fruit may be
purchased at the camp concession stand
during scheduled break.

WHAT TO WEAR:

Shorts and comfortable running shoes

REGISTRATION:

Registration by mail or
at the AHS track
on Tuesday June 10, starting at 7:45 a.m.

COST:

\$75.00 per camper and cost will be \$60 per
camper with two or more from same family.
Checks should be made
payable to **Auburn City School - Athletics.**

Registration

Name _____

Age _____ Grade (2014-2015) _____

Address _____

City _____ State _____

Zip _____ Phone _____

T-Shirt Size: _____

Make checks payable to
Auburn City Schools - Athletics

Mail to:
Athletic Director's Office
Auburn City Schools
P. O. Box 3270
Auburn, AL 36831-3270

Or bring by the office at 601 Auburn High School.

**Limited space available - send your form in
early!**

For Parent/Guardian: I, _____,

give permission for _____
to participate in all planned camp activities. I waive
Auburn High School, Auburn City Board of
Education, and the staff from any responsibility if my
child incurs an injury during camp activities.