

2021 Hubs Track and Field Camp

Who: Boys and Girls entering Kindergarten-12th grade (high school athletes can either participate and practice or help as assistants. If they participate, they will register and pay)

Dates: 5:30pm to 7:00 pm Monday, July 12 through Friday, July 16 at the RTHS track

Registration: Register by Friday, July 2 to guarantee a camp souvenir

Coaches: Dale Bergeson--Head Boys Track and Field Coach, Alison Vrana--Head Girls Track and Field Coach, several assistant coaches, and high school athletes

Cost: \$40 for first family member (includes daily instruction, a "practice" meet, and a camp souvenir). \$25 for each additional family member

Skills: Athletes will have the opportunity to try all track and field events that interest them, as well as learn and practice fundamental skills related to proper warm-ups, core and leg strengthening, jumping and throwing, block starts, and relay exchanges.

For any questions contact Alison Vrana (avrana@rthsd212.org) or Dale Bergeson (dbergeson@rthsd212.org)

Send Registration form and payment to
RTHS Track and Field
1401 Flagg Rd., Rochelle, IL 61068

Please enclose \$40 for 1st athlete and \$25 per additional family members
Cash or Checks made payable to RTHS

Athlete's Name: _____ Grade (2021-2022): _____

Address: _____

Email Address: _____ Phone Number: _____

Waiver: I, the undersigned, hereby waive and release the camp and/or Rochelle Township High School from any and all liability for any injuries incurred while participating in this camp.

Parent/Guardian Signature _____ **Date:** _____