



Tuesday 5/15, Thursday 5/18, Tuesday 5/22 and Thursday 5/24
Register on www.RunAmherst.com!

WHAT IS THE AMHERST EMERGING ELITE TRACK AND FIELD CAMP?

The Amherst Emerging Elite Track And Field Camp was created by Amherst Track and Field Coaches to expose the students of Amherst to the wonderful sport of Track and Field. Sessions are designed and supervised by Amherst Track and Field Coaches. Amherst Junior High and Steele High School athletes will be also helping facilitate each session. **There will be two sessions: Session #1 will take place from 3:00pm to 3:45pm and will be open to 4th, 5th and 6th grade athletes. Session #2 will take place from 4:00pm to 4:30pm and will be open to 1st, 2nd and 3rd grade athletes.** Sessions will have age-appropriate activities on the following topics: Dynamic warm-up, running techniques, mini-hurdle techniques, throwing techniques, baton/relay techniques, jumping techniques and FUN activities for athletes. All sessions will take place at the Richard S. Cooley Track at Amherst Steele High School. **IN CASE OF INCLEMENT WEATHER, EVENTS WILL BE MOVED INDOORS. THERE ARE NO RAIN DATES OR REFUNDS.**

TRANSPORTATION TO CAMP:

4th and 5th grade Nord Students will meet in the Nord lobby after dismissal and be escorted to the track by an adult.

AJH(6th graders) will take their bus to Nord and meet in the Nord lobby to be escorted to the track by an adult. Students that do not normally take a bus will ride bus #1 with Ms. Amy McCown.

1st through 3rd grade students/parents will need to provide transportation to the track.

REQUIREMENTS FOR PARTICIPATION:

All Amherst Emerging Elite Track and Field Campers must have a pair of athletic shoes, proper running attire, a water bottle and a great attitude! Athletes must also be registered and pay the \$20 fee on RunAmherst.com by Monday, May 7th. Campers will receive a baton, an Amherst Track and Field decal and an Emerging Elite Track and Field shirt if the registration form and payment are received by Monday, May 7th. Campers registered after this date will not receive a shirt.

DISTRICT AND REGIONAL CHAMPIONSHIPS:

Did you know that the Richard S. Cooley Track is host to the District and Regional Track and Field Championships? These Championships showcase the best Track and Field athletes from the area. The District Championship dates are Wednesday, May 16th and Friday, May 18th and the Regional Championships are Wednesday, May 23rd and Friday, May 25th. These meets will begin at 4:00pm and end around 8:00pm. Emerging Elite Track and Field campers are encouraged to attend and see the Amherst Steele High School athletes compete against the top athletes in the area!

Register BY 05/07/18 on <http://www.RunAmherst.com>!