



Tuesday 5/14, Thursday 5/16, Tuesday 5/21 and Thursday 5/23

Only 75 spots! Register TODAY on www.RunAmherst.com!

CAMP INFORMATION:

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 and athletes. The cost is \$40 and includes a camp shirt, ASICS running shoes, a water bottle and baton! Camp is limited to 75 participants, so register TODAY!

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. (There will also be an extra, optional 15 minute session after camp for athletes led by Tanna Torkelson from Threads Of Wellness Yoga Studio(Tuesdays) and Ryan Ladd from LCMP – Mercy HealthPlex(Thursdays)!

Session #2 will take place from 4:00pm to 4:30pm and will be open to 1st, 2nd and 3rd grade athletes. (There will also be an extra, optional 15 minute session before camp at 3:45pm for athletes led by Tanna Torkelson from Threads Of Wellness Yoga Studio(Tuesdays) and Ryan Ladd from LCMP – Mercy HealthPlex(Tuesdays)!

Sessions will have age-appropriate activities on the following topics: Dynamic warm-up, running form, mini-hurdles, throwing, baton/relay techniques, long jump, high jump 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.

CAMP TRANSPORTATION:

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

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

6th grade students from AJH will take their bus to Nord and meet at the Nord lobby to be escorted to the track by an adult. Students that do not normally take a bus will ride bus #14 from AJH to Nord, which is the third bus on the right of the sidewalk with bus driver Gail St. Clare.

CAMP REQUIREMENTS:

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 \$40 fee on RunAmherst.com by Monday, May 10th.



Register BY 05/10/19 at www.RunAmherst.com!

