



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 helping facilitate each session. The dates for this camp are: Tuesday 5/17, Thursday 5/19, Tuesday 5/24 and Thursday 5/26. There will be two sessions: Session #1 will take place from 3:00pm to 3:45pm and will be open to 5th and 6th grade athletes. Session #2 will take place from 4:00pm to 4:45pm and will be open to 1st through 4th grade athletes. Sessions will have age-appropriate activities on the following topics: Dynamic warm-up, running techniques, hurdle techniques, throwing techniques, baton/relay techniques, jumping techniques and FUN 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.

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! Runners must also turn in a completed Amherst Emerging Elite Track and Field Camp Permission Form to participate. There is a \$20 fee. Checks should be made out to Comet Athletic Boosters. 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 Friday, May 6th. Shirts will be distributed during the second week.

DISTRICT AND REGIONAL CHAMPIONSHIPS!

These Championships showcase the best Track and Field athletes from the area. The District Championship dates are Wednesday, May 18th and Friday, May 20th and the Regional Championships are Wednesday, May 5th and Friday, May 27th. 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!

CAMP PERMISSION FORM: Please attach a \$20 check to this form made out to Comet Athletic Boosters

ATHLETE PRINTED NAME: _____

ADDRESS: _____

GRADE: _____

HOMEROOM: _____

HOME PHONE: _____

EMAIL: _____

MOTHER'S PRINTED NAME: _____

MOTHER'S CELL PHONE: _____

FATHERS PRINTED NAME: _____

FATHERS CELL PHONE: _____

T SHIRT SIZE (PLEASE CIRCLE THE APPROPRIATE SIZE):

YOUTH SMALL

YOUTH MEDIUM

YOUTH LARGE

ADULT SMALL

ADULT MEDIUM

ADULT LARGE

I hereby understand that upon entry into the Amherst Emerging Elite Track And Field Camp, I waive any and all claims for damages that I may have against Amherst City Schools, the City of Amherst, promoters, sponsors or anyone involved in the production of this organization, regarding any and all injuries suffered while running, traveling to or from, or participating in this event, for myself, my heirs and/or assignors.

PRINTED NAME: _____

SIGNATURE: _____

DATE: _____

Special Medical Concerns:

