

Metamora Track and Field Skill Development Camp 2018



Camp Directors:

Mr. Steve Danner (MTHS Boys Track)
Mr. Sheridan Ray (MTHS Girls Track)

Camp Description

- Open to boys and girls finishing 3rd-8th grade
- Will receive instruction from Metamora HS coaches and athletes
- Introduces athletes to track and field and all the events available at the grade school and high school levels
- Learn proper warm up and cool down exercises to reduce injury and speed up recovery time
- Athletes will be able to try events that they have never done before and get a feel for the basics of the event
- Will teach proper technique for the events to minimize injury and maximize performance
- This camp is a good activity for anyone interested in learning more about track in field or participating on their school team

Please Note: we will have camp this year while the track is under construction. We will be outside mostly in the grass or inside if necessary. So even though we will not be able to be on the track this year we will have plenty of fun and instructional track activities for you!

Camp Dates and Times

June 4th, 5th and 6th
10:00am – 12:00pm

What to Bring

- Athletic shorts and shirt
- Running shoes
- Water

Location

Metamora Twp. High School
Meet at West School Entrance (by main parking lot)
Note: The track will be under construction so we will mostly be in grass, etc. but don't worry we will have plenty of fun track activities for you to do

Cost

\$35- includes instruction and t-shirt

Mail form and payment to:
Steve Danner
Metamora Twp. High School
101 West Madison
Metamora, IL 61548



Contact Information

For more information contact Coach Steve Danner at sdanner@mths.us or Coach Sheridan Ray at sray@mths.us

Camp Form

Name _____

Age _____ T-Shirt Size _____

Address _____

City, State, Zip _____

Parent/Guardian Name _____

Phone _____

Email _____

Emergency Contact _____

School _____

Liability Waiver for Participants

- 1) My child had permission to participate in the Metamora Area Track and Field Camp
- 2) I have no knowledge of any physical or mental impairment that would affect or be affected by my child's participation in this camp.
- 3) I acknowledge that during this camp, my child has the possibility of injury.
- 4) I, fully and forever, waive and release the Metamora Area Track and Field camp and staff from liability and claims of damages my child may sustain at the camp or the travel to and from the camp.
- 5) In the event of an emergency in which my child requires medical care, I authorize the Metamora Area Track and Field camp and staff to obtain for his/her medical treatment.
- 6) I understand that any payment for medical expenses will not be covered by the Metamora Area Track and Field camp, staff or Metamora Twp. High School.

I have read the above consent and understand it completely.

Guardians Signature _____