



Linn-Mar Girls & Boys Track & Field Camp
June 14th – 17th, 2021
Linn-Mar Stadium- Linn-Mar High School

Age: 1st-8th grade (Fall of 2021)

Time: 7:30-9:00 AM (Grades 1-4)-Basic Skills/Instruction
9:30-11 AM (Grades 5-8)- More advanced skills/instruction

Cost: \$75.00 (includes camp t-shirt)

Instruction: Will cover a variety of related aspects and events covered within track & field. Early portion of camp will focus on running form, drills, and handoffs. Will cover field events (high jump, long jump, and shot put, discus), block starts, and have participants do some sample workouts later on.

‘Mini-Meet’: Thursday, June 17th will be a “mini-meet” where all campers will be able to compete in a variety of individual events and relays of their choice (three total events maximum). **The mini-meet will include both age groups at the same time.** Meet will START at 8am and be completed around 11am. We ask that all runners be there by 7:30am for warm-up. If bad weather the “mini-meet” will be held on Friday, June 18th at the same time.

What to Bring: Athletic Shoes, Workout Clothes, Water Bottle, Sunscreen (for personal use).
(Track spikes not required: May bring them if you wish -1/8”spike length)

Instructors: Linn-Mar High School Track & Field Coaching Staffs, selected Linn-Mar Track & Field athletes, invited guest speakers (to be announced).

Registration: Send payment to: Linn-Mar Cashiers Office
c/o Joyce Dayton-Accounting Office
3111 North 10th Street
Marion, IA 52302

Make checks payable to: Linn-Mar High School Track & Field

For guarantee shirt size, registration is DUE Friday, May 14th. You may register up to the June 14th.

Name: _____

Grade (Fall of 2021): _____

School Attending: _____

T-Shirt Size (youth/adult sizes): Y-SM Y-MD Y-LG SM MD LG XL

Legal Guardian Name- for contact purposes _____

E-Mail Address/Phone Number _____

Waiver (Please read and sign at the bottom)

I understand that personal medical insurance coverage for this camp is the obligation of each participant. I hereby authorize the instructors and coaches of the Linn-Mar Track & Field Camp to act accordingly to their best judgment and provide medical attention to my son/daughter or ward in the event of minor injury or illness. I hereby release Linn-Mar High School and the volunteers of the Linn-Mar Track & Field Camp from all claims resulting from injuries which may be sustained by my son/daughter or ward while attending the camp.

Signature & Date _____