



**7th Annual  
Linn-Mar Girls & Boys Track & Field Camp  
June 10<sup>th</sup> – 13<sup>th</sup>, 2019  
Linn-Mar Stadium- Linn-Mar High School**

**Age:** 1<sup>st</sup>-8<sup>th</sup> grade (Girls & Boys)

**Time:** 7:30-9:00 AM (Grades 1-4) and 9:30-11 AM (Grades 5-8)

**Cost:** \$60.00 (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. Earlier session tailored more to younger athletes, later session tailored more to middle school aged athletes.

**'Mini-Meet':** Thursday 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 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 14<sup>th</sup> 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 Athletic Department  
c/o Joyce Dayton-Accounting Office  
3111 North 10<sup>th</sup> Street  
Marion, IA 52302

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

**For guarantee shirt size, registration is DUE Friday, May 17<sup>th</sup>. You may register up to the June 10<sup>th</sup>.**

**Name:** \_\_\_\_\_

**Grade (just completed):** \_\_\_\_\_

**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** \_\_\_\_\_