



Warhawk Youth Track Camp

Back again for 2010, Arrowhead High School Boys Track coach Chris Herriot, with the help of Arrowhead track athletes and coaches will offer a track camp specifically designed for boys and girls entering 7th through 9th grade. Participants will learn the basic skills of sprinting and jumping at the high school level and receive individual feedback on how to improve their overall speed and jumping ability. Participants will have the chance to compete against each other in running and jumping events with an emphasis placed on learning proper sprinting, jumping and relay techniques. They will even get an introduction to the **pole vault**. The last day will include a mini-track meet including all campers from all of our summer track camps. Any days missed due to inclement weather will be made up the following week.

DATES:

JULY				
Mon.	Tues.	Wed.	Thur.	Fri.
9	10	11	12	13

TIME: 1:00- 2:30pm (**Friday 8:30-11:00am**)
LOCATION: Arrowhead High School (Track)
GRADES: 7 - 9
FEE: \$65 (Includes Camp T-Shirt)
Sorry no refunds after June 17th

MATERIALS NEEDED FOR CAMP:

1. Appropriate clothing for outdoor activity
2. Appropriate *running* shoes (Basketball shoes are discouraged)

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NAME: _____ AGE: _____ PHONE (day time): _____
 SCHOOL: _____ GRADE: _____
 ADDRESS: _____ CITY/ZIP: _____

Fee: \$65.00 (Includes Camp T-Shirt)
 Shirt Size

Kids Sizes: **XS S M L XL** Adult Sizes: **XS S M L XL**

By virtue of my signature, I hereby release all instructors, Arrowhead High School and staff, and any other students from all liability for personal injury, which may occur during or after my participation in the Arrowhead Youth track and field Camp. I acknowledge that I must have adequate health insurance to cover any injuries while involved in this camp.

PARENT/GUARDIAN: _____ DATE: _____

Please make checks payable to: Chris Herriot Email:herriot@ahs.k12.wi.us
 W281 N8577 Hideaway DR
 Hartland, WI 53029