

**Track Athletes entering
3rd – 9th Grades are welcome
to attend!**

*The camp is designed to provide the
best training possible for aspiring
young track athletes.*

Camp Concentrations:

- Proper Running Form
- Speed Drills
- Sprint Technique
 - Block Starts
- Hurdle Technique
- Throwing Technique
 - Shot Put
 - Discus
 - Javelin
- Jumping Technique
 - High Jump
 - Long Jump
 - Triple Jump
- Relay Races
 - Baton Passes
 - Rules

**NO Long Distance Running
Workouts in Camp! Focus
is on Proper Form and
Technique!**

Our Motto:

**FAMILY.
SCHOOL.
TRACK.**



**All Drills & Activities follow
USA Track & Field's
Coaching Youth Handbook!!**

**Camp Director:
Dan Guyton**

Head Track & Field Coach
Governor Livingston H. S.
(908) 451-3173

**2019
Highlander
Track & Field
Camp**



July 15th-18th

**Gov. Livingston H.S.
175 Watchung Blvd.
Berkeley Heights, NJ
07922**

GO HIGHLANDERS!!

The Highlander Track & Field Camp is designed to teach young players safe and proper Track & Field Fundamentals as well as instill the characteristics that make up a Highlander. General Track & Field rules, strategy, and sportsmanship will be stressed. Being a Highlander Track & Field athlete means Committing to Excellence. We take PRIDE in our Family, Academics, and Athletics, in that order. Track & Field is a way to a means. The goal is to lay the foundation for continued skill development and future success in Athletics and Life.

AGES

Upcoming Grades 3rd – 9th

FEES

\$160 Before June 15th

\$175 After June 15th

***FEES INCLUDE A T-SHIRT!!**

CANCELLATION POLICY

All requests for cancellations must be made in writing to the mailing address in the application. All monies paid, minus \$75 administration fee, will be refunded provided the written request is made two weeks prior to the first day of camp. No refund will be provided for cancellations made within two weeks of the first day of camp.

CAMP SCHEDULE

July 15th-18th
(Rain Date is July 19th)

Campers should be dropped off at the GL Track by 8:20am. Camp begins promptly at 8:30 AM and ends at 12:30 PM.

8:30 - 8:50 Warm Up/Stretch
8:50 - 9:20 Speed/Form Stations
9:20 - 9:30 Water Break/Talk
9:30 - 10:00 Event Stations I
10:00 - 10:10 Water Break/Talk
10:10 - 10:40 Event Stations II
10:40 - 11:25 Snack/Video
11:30 - 12:15 Races/Competitions
12:15 - 12:30 Cool Down/Talk

PLEASE BRING:

- T-Shirt & Shorts
- Running Sneakers
- Sun block
- Water Bottle
- Light Snack/Sandwich/Fruit

***NUT FREE, PLEASE!**

***Water will be provided and breaks will be offered, as needed.**

HIGHLANDER TRACK & FIELD CAMP

- APPLICATION FORM -

Name: _____

Address: _____

Home Telephone #: _____

Emergency Telephone #: _____

Email: _____

Upcoming Grade: _____ Age: _____

Inhaler(Y/N)_____ Epipen (Y/N)_____

Allergy/Med.Info _____

PLEASE NOTE YOUTH OR ADULT

T-SHIRT SIZE: _____

Please Check Applicable Camp Rate:

\$160 Before June 15th: _____

\$175 After June 15th: _____

I hereby authorize the agents of The Highlander Track & Field Camp to act for me according to his/her best judgment in any emergency requiring medical attention. I hereby release and discharge of the Berkeley Heights School District, camp staff, affiliated entities and their officers, employees from and against any and all liability or causes of actions arising out of or in connection with my or my child's participation in camp.

Parent/Guardian Name (please print)

Parent/Guardian Signature

Please make checks payable to:
HIGHLANDER TRACK & FIELD CAMP
Mail Application & Check to:
Highlander Track & Field Camp
10 Commonwealth Drive
Basking Ridge, NJ 07920