Southridge High School
Track Camp

Learn the fundamentals of Track and Field!

Events At Camp:
- Sprints (100, 200, 400 and Relays)
- Jumps (Long, Triple, High and Pole Vault)
- Throws (Shot, Discus and Javelin)
- Hurdles (100HH, 110HH, 300LH)
- Distance (800, 1600, 3200)

Improve in your track event!

Have Fun!

Be coached by current coaches, high school and collegiate athletes!

- Ages: 8-14 years old (going into 9th)
- Date: July 29th–August 1st, 2013
- Time: 6pm-8pm
- Place: Southridge High Track
- Cost: $10 a day, 1 athlete= $40
  2 athletes= $70  3+ athletes= $90

Please return Emergency Form, Info below, and Money to:
Nicole Hatcher
927 S. Keller
Kennewick WA 99336

EMERGENCY FORM: http://www.ksd.org/schools/secondary/Southridge/Home/Athletics/camps/default.aspx

Name: __________________________ Name: __________________________ Name: __________________________
Age/ Grade: __________________________ Age/ Grade: __________________________ Age/ Grade: __________________________
School attending next year
Track Events:
Shirt Size: __________________________