

REGISTRATION FORM

Dates: July 24th – July 28th

Name: _____

Grade in 2012/2013: _____

Age: _____ Boy or Girl

Address: _____

City: _____

Phone #: _____

T-Shirt Size: (Circle One)

Adult – S M L Youth – S M L

Medical Conditions: _____

Emergency Information:

Contact: _____

Relationship to athlete: _____

Phone #: _____

Waiver:

I hereby release the camp coaching staff from any liability due to accidental injury and assume all financial responsibilities for any medical bills incurred by my child while at camp

Parent/Guardian Signature:

Please detach form and return with check or money order by July 16th to:

EHS Athletic Office
c/o Youth Track Camp
500 Macungie Avenue
Emmaus, PA 18049

Make check payable to:

EHS Track and Field Booster Club

2012 COACHING STAFF

HEAD COACH
SHANNON K. PETRUNAK
SPRINT COACH

ASSISTANT COACHES
ASHLEY BENNER
JUMPS COACH

SHANE RIEGEL
HURDLES/POLE VAULT COACH

EILEEN SHOVLIN
DISTANCE COACH

MARC ZIMMERMAN
THROWS COACH



CONTACT:
SHANNON K. PETRUNAK

SPETRUNAK@EASTPENNSD.ORG
OR
610-965-1650 EXT. 21582

The Emmaus "Green Machine" Track Camp 2012



**Tuesday – Saturday
July 24th July 28th
Grades 3 – 9
Boys and Girls
Rain or Shine**



**DEVELOPING THE TRACK
STARS OF TOMORROW!**

INTRODUCTION

PHILOSOPHY

This five-day camp is designed for students entering grades 3 thru 9, who are interested in learning about the diverse events offered to athletes in the sport of track and field. The athletes will learn about the different events, while improving their all-around athletic skills and having fun.

FACILITIES

The camp will utilize the East Penn School District Stadium's brand new 6-lane all-weather track surface and field facilities. Campers will also enjoy the gymnasium and swimming pool.

MEET OF CHAMPIONS

On Saturday July 28th we invite all family and friends of campers to join us for our 1st Annual Meet of Champions. The meet will begin with a Parade of Athletes at 9:00a.m. Campers will then compete in 3 events of their choosing. Campers will be broken into appropriate age groups by staff to ensure fair competition. Medals will be awarded for each event to the top 3 athletes in each group. There will be a Pizza Party for all campers at the conclusion of the meet



CAMP DETAILS

COST

\$180 per camper
(\$60 discount for every child after the 1st)

Early Bird Discount:
\$150 for registrations postmarked by June 1st
(\$60 discount for every child after the 1st)

WHAT TO BRING

- * Athletic attire and sneakers (required)
- * Lunch w/ water or sports drink
- * Swimsuits, towels, and sandals (optional)

CAMP SCHEDULE

Tuesday – Thursday
9:00a.m. – 3:00p.m.

- * Instruction/Practice of individual events
- * Use of high school athletic facilities

Friday

9:00a.m. – 3:00p.m.

- * Time to develop specialized skills in the events the camper wants to compete in during Meet of Champions on Saturday
- * Seeding trials for Meet of Champions

Saturday

9:00a.m. – 12:30p.m.

- * Meet of Champions
- * Awards Ceremony/Medal Presentations
- * Post-Meet Pizza Party

IN THE EVENT OF RAIN

If it rains during the week of camp, campers should be prepared to participate in the rain. We will move the camp indoors if the rain is too hard or if there is any lightning in the area. In the event of rain, we will use the gym areas and hallways in EHS to train the athletes.

GOALS OF THE CAMP

- * Campers will learn proper warm-up techniques that can be transferred to all other sports.
- * Campers will have the opportunity to develop the basic fundamentals needed for track and field under the tutelage of an experienced, knowledgeable staff.
- * Campers will develop an understanding of the importance of sportsmanship in a fun, nurturing environment.
- * Campers will enjoy the thrill of competition, while developing a strong work ethic.
- * Campers will utilize all the first-class, modern facilities available to them at Emmaus High School.

DO YOU HAVE WHAT IT TAKES TO
BE A MEMBER OF THE **GREEN**
MACHINE??