

2011 Friendswood Track and Field Camp
Monday - Thursday, June 20 - 23rd

Henry Winston Stadium

Ages 8 - 15

Session 1 will consist of three smaller sessions depending on the interest of the athlete. All sessions will focus on drill and technique work, video discussion of elite athletes, and individual video drill and breakdown.

Session 1 will be from 10:00 A.M. - 11:30 A.M.

Session 1A - Hurdles
Session 1B - Jumps (High, Long and Triple)
Session 1C - Throws (Shot Put and Discus)

Session 2 will consist of strength, conditioning, speed work. This session will focus on proper weight lifting technique, flexibility exercises, and speed drills.

Session 2 will be from 11:30 A.M. - 1:00 P.M.

The cost of the camp is **\$40 per session for the week**. If you attend sessions 1 and 2 the cost will be **\$75**. **The cost for FISD employees kids are \$25 and \$50**. The camp will include a t-shirt. Please respond by **June 6th** so I will be able to order the t-shirts on time. **If you register after June 6th I cannot guarantee you will get a t-shirt**. If paying by check please make it out to **FHS**.

If interested please fill out the application below and mail to:

Steve Haffelder
4005 Blue Heron Drive
Pearland, Tx 77581

If you have any questions you can call me at home at 281-992-8821 or you can contact Daron Scott at 281-331-2817

Athletes Name _____ Home Phone # _____
Address _____ City _____ Zip _____
Fathers Name _____ Work Phone # _____
Mother Name _____ Work Phone # _____
Age _____ Family Medical Insurance Company _____

Shirt Size - Circle one YM YL AS AM AL AXL AXXL
Sessions attending - Circle ones that apply 1A 1B 1C 2

I hereby release Friendswood ISD, its employees, and all employees of the Friendswood Track and Field Camp from all claims present and future, resulting from any injury my child may sustain while attending camp.

Signed _____ Date _____
Parent or Guardian

