



Colonial Forge High School

For more information contact:

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Colonial Forge HS

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WHAT TO WEAR AND BRING

Everybody needs to bring a water bottle. We will have coolers filled with ice and water available, but you should have a water bottle that you can fill up there. Make sure to wear proper clothing.

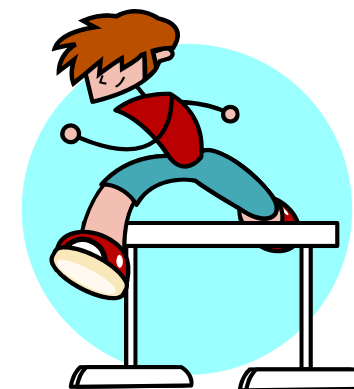
Athletic shorts and shirts (tank tops might be cooler) and correct running shoes. You might want to be sure that your shoes fit correctly and are broken in before camp starts to prevent blisters.

KEY POINTS DURING THE WEEK

- Great coaches to help with field events including high jump, long jump, and shot put.
- Learning the correct running form for sprinting and distance running.
- Shoe clinic – how to find the proper running shoe for your style and foot.
- Great counselors for each group of campers.
- Under the Lights Mile on Wednesday night sponsored by VA Runner.
- Track meet on Friday. We will put together both running and field events and go through a meet with the campers with awards at the end.
- Family Relay at the end of the meet which will include family members.

Colonial Forge High School

2007 Eagles Track & Field Camp



Monday – Friday
June 25 – June 29
5:00pm – 8:30pm
K – 8th Grade

EAGLES TRACK AND FIELD CAMP

We are excited to be hosting the 6th annual track & field camp for young children that have an interest in the sport. Last year we had a great turnout despite the weather and believe that it was a huge success. Each camper will have the opportunity to try out each event and also have the chance to focus on specific interests of their choice during the week. There will be many coaches involved that have a specialty in different areas of track & field. We will also have CF athletes working as counselors. On the last day we will conclude camp with a track meet for all campers.

DATE: Monday, June 25 - Friday, June 29

TIME: Monday - Thursday, 5:00 - 8:30pm
Have rides there no later than 8:15. Friday, 5:00 - 9:30pm, we will have the meet and on your way out be able to pick up your awards.

GRADES: K - 8th grade. The camp is open to all athletes that will be entering school in the fall to those getting ready to enter 8th grade.

DIRECTIONS: From I-95, take the Stafford exit 140. Coming from the north, make a right off the exit onto Courthouse Rd. Coming from the south, make a left off the exit onto Courthouse Rd. Follow Courthouse Rd. for 2 miles, Colonial Forge will be on your left. You want to take the 2nd entrance into the school. Follow parking lot to the back, track is located near the rear of the building (football stadium). There will be people directing you to the track.

COST: \$55.00 per camper. This cost includes a t-shirt and awards which each camper will get after the track meet on Friday. Checks can be made out to CFHS Track.

REGISTRATION: Due to a large number of campers, it is important to sign-up early. We will fill up this year so DO NOT wait to the last minute. In order to put campers in the correct group, you need to sign-up before camp (make sure to put their grade they are entering in the fall of 2007). If you sign up the day of camp - we cannot guarantee a spot.

CONCESSIONS: will be sold each night. Drinks, snacks, pizza, and chicken sandwiches will be available for purchase.

EVENTS: The events listed below are those that we will concentrate on during the week. Each camper will have a chance to try each one or concentrate on a few of them.

**LONG JUMP, HIGH JUMP, SHOT PUT,
DISCUS, HURDLES, SPRINTING EVENTS,
DISTANCE EVENTS, RELAYS**

SCHEDULE: The first night each parent will receive a schedule of the week. Arrive early to get through the line quicker. We place campers into group of about 15 with 3 - 4 counselors per group. We rotate the events each day so they have a chance in each event. Then Friday they get to do their favorite events.

****I cannot guarantee you are with everyone you would like to be with in a group - with over 150 campers that is impossible, but I will try to make the one request on your registration form.****

EAGLES TRACK & FIELD CAMP REGISTRATION FORM

Please read and fill out the following form neatly and carefully. Forms and checks are then to be sent to Tori Arther at CFHS.

Campers Name: _____

Address: _____

City/Zip Code: _____

Phone Number: _____

E-mail Address: _____

Birth Date: _____ Gender: _____

Age: _____ Grade (fall of 2007): _____

School you attend: _____

Parent/Guardian Name: _____

Emergency phone # of parent: _____

Emergency contact, if parent cannot be notified:

Phone Number: _____

List any health conditions/allergies we should be aware of: _____

SHIRT SIZE (CIRCLE ONE)

CHILD SIZE			ADULT SIZE		
S	M	L	S	M	L

Name of one person you would like to be in the same group at camp: _____

I hereby give written permission for this camp to use the best judgment in any situation requiring emergency care to my child. The camp also has my permission to take my child to the emergency room of the nearest hospital if needed, and for the hospital staff to provide treatment which a physician deems necessary for the well-being of my child.

Signature of Parent: _____