

**Track Athletes entering  
3<sup>rd</sup> – 9<sup>th</sup> 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
- Hurdle Technique
- Throwing Technique
  - Shot Put
  - Discus
  - Javelin
- Jumping Technique
  - High Jump
  - Long Jump
  - Triple Jump
- Relay Races
  - Baton Passes
  - Rules
  - Breaking In

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

**Our Motto:**

**FAMILY.  
SCHOOL.  
TRACK.**



**Camp Director  
Dan Guyton**

Head Winter Track Coach  
Assistant Spring Track Coach  
Governor Livingston H. S.  
(908) 451-3173

**2016  
Highlander  
Track & Field  
Camp**



**July 25th-28th**

**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 3<sup>rd</sup> – 9<sup>th</sup>

### **FEES**

\$160 Before July 1<sup>st</sup>

\$175 After July 1<sup>st</sup>

**\*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 25th-28th**  
**(Rain Date is July 29<sup>th</sup>)**

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 July 1<sup>st</sup>:** \_\_\_\_\_

**\$175 After July 1<sup>st</sup>:** \_\_\_\_\_

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