

# SPRING BREAK

## TRACK & FIELD TRAINING

March 13 to March 24  
2017



For

**Grades 3 to 7 students**

At

**Handsworth Community Track**

From Capilano Road go east  
on Handsworth Road  
to the end of the street.



Track and Field Club  
North and West Vancouver

### Grades 3 to 7 SPRING BREAK JUMP START TRAINING

This two week program is designed to acquaint young athletes with different types of track and field events. Over the six days of the camp, there will be coaching in running, jumping and throwing. Hurdles and racewalk will also be included.

On the final Friday all athletes will compete in a fun filled Mini Olympics. Each child should bring a snack for the days of the camp.

In case of rain, sessions will be held in the school gym.

**Coach: Elena Voloshin**

**Time of Camp**

**9:00am to 12:00 noon**

**Monday, Wednesday and Friday  
(March 13/ 15/ 17 and 20/ 22/ 24 )**

**Cost \$180.00 for full program**

Registration is limited

Please make cheques payable to:  
**NorWesters Track and Field Club.**  
Inquiries: [dcopping@telus.net](mailto:dcopping@telus.net)  
**PRE-REGISTRATION NECESSARY**  
**FIRST COME FIRST SERVED**

## REGISTRATION FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Tel. # \_\_\_\_\_

Email \_\_\_\_\_

Birthdate: \_\_\_\_\_  
                  Mm        dd        yy

School: \_\_\_\_\_

Grade \_\_\_\_\_

Medical ins. # \_\_\_\_\_

Any Medical Conditions which may affect  
participation in this camp ?    Y \    N

If Yes, please specify. \_\_\_\_\_  
\_\_\_\_\_

PAYMENT ENCLOSED: \_\_\_\_\_ ---Chq/ Cash

The responsibility for sport safety must be shared by all, I the undersigned am aware that there is certain risk of injury involved in my own or my child's participation in sport: either while traveling to or from the event; or while attending or participating in the programs or activities of the events which are sanctioned/ approved by BC Athletics, its Divisions, its Member Clubs or recognized organizing societies. It is understood by me that the signing of this document is intended to indicate that on behalf of myself an/or my child I assume the shared responsibility and acknowledge the risk of injury by so participating.

Signature of Applicant: \_\_\_\_\_

Signature of Parent or Guardian \_\_\_\_\_