## **Medical / Release Information:**

My medical insurance provider is:	
Child's Physician:	
Physician's Phone Number:	
Please enroll my child [Print Name]:	

in the North Allegheny Tiger Cub Track and Field
Camp. My child meets all physical standards of
athletic competition; and we understand that the
varsity NATF team, Allegheny North Athletics Track
Club, North Allegheny School District and anyone
connected to the camp will not assume responsibility
for accidents, dental, or any other expenses incurred as
a result of accidents. I hereby authorize
representatives of the North Allegheny Tiger Cub
Track and Field Camp to act in his/her best judgment
in any emergency requiring medical assistance. I
hereby certify that my child has no injury or illness,
which could jeopardize his/her well being by
participating in the North Allegheny Tiger Cub Track
and Field Camp.

Questions: Email Coach Neff ineff@northallegheny.org

Date:

**Parent/Guardian {must sign}:** 

# **EVENTS**

Athletes will have the opportunity for instruction and participation in the following event areas

TRACK EVENTS

100 m Dash 60 m Hurdles 4x100 m Relay

### FIELD EVENTS

High Jump Long Jump Shot Put

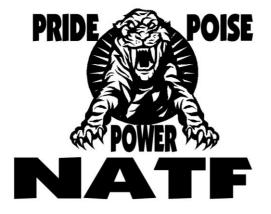


## **RUN, JUMP, THROW**



# 12<sup>th</sup> Annual NORTH ALLEGHENY TIGERS TRACK & FIELD CAMP

JUNE 18th to 22<sup>th</sup> 2018



# **CAMP DETAILS**

WHERE: NEUMAN STADIUM ON NASH CAMPUS

**TIME**: June 18-22, 2018

5:30 pm to 7:00 pm (3rd-4th graders)\* 7:00 pm-8:30 pm (5th—7th graders)\*

\*Refers to grade level Fall 2018

\*Applies M-W only, see below for Thursday and Friday schedule

**FEE**: \$75, includes T-shirt for those registered and paid by June 1, 2018.

WHO: students living in North Allegheny School District entering 3rd – 7th grades Fall 2018

#### WHEN AND WHAT:

Monday: Registration and Technique Tuesday - Wednesday: Event Technique \*Thursday and Friday: Grade-Level Meet (All Ages and Events) All Grades: 5:30-8:30 PM

#### **A Note From Coach:**

Track and Field is a highly challenging sport. I love it because it allows everyone the chance to challenge themselves, set goals, and succeed! I promise all the campers who attend this camp will surprise themselves on just how successful they will be!

I look forward to meeting you all. I encourage you to give the track and field a try, especially if you are interested in being a part of THE MOST SUCCESSFUL PROGRAM IN NORTH ALLEGHENY SCHOOL HISTORY!

See you at the Camp!

Coach Neff

# The North Allegheny Tigers Track & Field Camp is for both boys and girls.

- All Athletes will receive 10 instructional hours in technique, conditioning, and competition
- Emphasis will be placed on experiencing each event and working to improve event conditioning and skills, while having fun.
- All Athletes will have an opportunity to participate in and develop skills in ALL Track and Field events.
- All activities will be fast-paced, enthusiastic, and highly structured.
- The camp will have an enthusiastic and safe atmosphere that promotes the sport of track and field.
- Athletes should come dressed, fed, hydrated, and ready to participate.
- The camp will still go on in light rain, but the evening's session will be cancelled if weather becomes more inclement. No rain dates are scheduled for the camp or meet.
- Camp Director: John Neff- Head Track and Field Coach (15 years) -North Allegheny H.S.
- <u>Camp Staff</u>: Members of the North Allegheny Varsity and Middle School Coaching Staffs; North Allegheny Varsity Track and Field Scholar-Athletes

## North Allegheny Tiger Cub Track & Field Camp

## To Register:

- 1. Fill out the online registration form found at Coach Neff's Website: <a href="http://www.northallegheny.org/page/7948">http://www.northallegheny.org/page/7948</a>
- 2. Print, fill out, and sign the Medical/Release Information found on this flier.
- 3. Mail Medical/Release Information and payment (\$75.00; checks made payable to: **ALLEGHENY NORTH ATHLETICS.** Please write the camper's name on the check.)

Registration can be mailed to:

North Allegheny Senior High School c/o John Neff Track Camp Registration 10375 Perry Highway Wexford, PA 15090

4. To ensure T-Shirt, please submit registration and send payment by:

June 1, 2018

T-Shirts not guaranteed to late or walk up registrants.