

**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.*

Parent/Guardian {must sign}:

*Date:* \_\_\_\_\_

Questions: Email Coach Neff  
[jneff@northallegheny.org](mailto:jneff@northallegheny.org)

# 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

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

**JUNE 10th to 14<sup>th</sup>  
2019**



# CAMP DETAILS

**WHERE:** NEUMAN STADIUM  
ON THE NASH CAMPUS

**TIME:** June 10-14, 2019

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

7:00 pm-8:30 pm (5th—7th graders)\*

\*Refers to grade level Fall 2019

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

**FEE:** \$80, includes T-shirt for those registered  
and paid by May 24, 2019.

**WHO:** students living in North Allegheny  
School District entering  
3rd – 7th grades Fall 2019

## 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



## 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  
(16 years) -North Allegheny H.S.
-  Camp Staff:  
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:  
<http://www.northallegheny.org/page/7948>
2. Print, fill out, and sign the Medical/Release Information found on this flier.
3. Mail Medical/Release Information and payment (\$80.00; 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:

**May 24, 2019**

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