## 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 Track and Field Camp. My child meets all physical standards of athletic competition; and we understand that the varsity track 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 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 Track and Field Camp.

Parent/Guardian {must sign}:

\_Date:\_\_

Questions: Email Coach Neff jneff@northallegheny.org



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

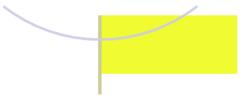
High Jump

Long Jump

Shot Put

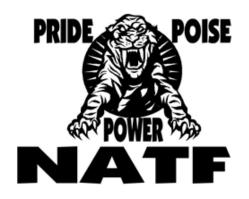






<u>Come learn to RUN, JUMP, and THROW</u>

JUNE 9<sup>th</sup> to 13<sup>th</sup> 2025



## **CAMP DETAILS**

**WHO**: students living in North Allegheny School District entering 3rd - 7th grades Fall 2025

WHERE: Varsity Track in Newman Stadium on the NASH campus

WHEN: June 9-13, 2025 5:30 pm to 6:55 pm (3rd-5th graders) 7:05 pm-8:30 pm (6th—7th graders) \*Refers to grade level Fall 2025

Monday : Registration and Technique Tuesday - Wednesday : Event Technique \*Thursday and Friday: Grade-Level Meet Same sessions and times as Mon to Wed.

FEE: \$120, includes T-shirt for those registered and paid by May 16, 2025.

### 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

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competition.

structured.

of track and field.

 $\succ$ Camp Director: John Neff- Head Track and Field Coach (22 years) -North Allegheny H.S.

The North Alleghenv

**Track & Field Camp** 

is for both boys and girls.

All athletes will receive 7+ instructional

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

All activities will be fast-paced, and highly

The camp will have an enthusiastic and

Athletes should come dressed, fed.

hydrated, and ready to participate.

safe atmosphere that promotes the sport

The camp will still go on in light rain, but

the evening's session will be canceled if

rain dates are scheduled for the camp or

meet; unfortunately those sessions are

announced via the team Twitter page:

lost sessions. Cancellations will be

twitter.com/natigerstrack

weather becomes more inclement. No

camp track and field events.

hours in technique, conditioning, and

Camp Staff: Members of the North  $\succ$ Allegheny Varsity and Middle School Coaching Staffs; North Allegheny Varsity Track and Field Scholar-Athletes

## **To Register:**

1. Fill out the online registration form found here: https://forms.gle/5gZjgjma34Z7CrtF9

2. Print, fill out, and sign the Medical/Release Information found on the reverse side of this registration form.

3. Mail Medical/Release Information and payment (\$120.00; checks made payable to: ALLEGHENY NORTH ATHLETICS.

> (Please write the camper's name on the check.)

Release and payment can be mailed to: **Track Camp Registration** c/o John Neff North Allegheny Senior High School 10375 Perry Highway Wexford, PA 15090

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

# May 16, 2025.

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