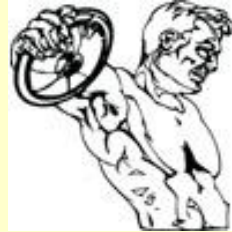


DAILY SCHEDULE

MONDAY-FRIDAY

8:30 - 9:00 am – Check In
9:00 – Warm-up, stretch, basic agilities
9:30 – General Conditioning
10:15 – Technical Event Training
10:45 – Snack Break
11:00 – “Fun Activity”
11:30 – Technical Event Drills
11:50 – Daily review, Q & A
12:00 pm – Pick up



Cost- \$100
Family discount- \$80 for each additional sibling

Nutley All Star Camp
Attention: Gerald Ryan
P.O. Box 14
Nutley, NJ 07110



2018 NUTLEY ALL STAR TRACK & FIELD CAMP

GRADES 4-8

JULY 23 - JULY 27



Location: Demuro Park on Margaret Ave.
Email: nhsxc7@gmail.com



MEET THE COACHES

Gerald Ryan, Camp Director, sprints and hurdles

Ed Annett- Distance

Chris Bradley- Throws

Robert Porrino- Jumps and Strength and Conditioning

Also coaching ~ current and former members of the Nutley HS Track and Field Teams



TRACK EVENTS

- ~ Sprints (100, 200, 400)
- ~ Mid-Distance (800, 1600)
- ~ Distance (3200, 5000)
- ~ Hurdles (100-110 and 400)
- ~ Jumps (high and long)
- ~ Throws (shot put, discus and javelin)
- ~ PLUS: general conditioning, eating right, weight training, mentally preparing to compete and train, video analysis form

***** Friday will be an inter-camp meet *****

Field House will be used in case of inclement weather.

~ WHAT TO WEAR:

Campers should wear shorts, t-shirt and running shoes. Sneakers are acceptable, however running shoes are encouraged.

~ WHAT TO BRING

- ~ Their own water
- ~ a small snack (No refrigeration available)
- ~ sunscreen

SIGN-UP FORM

Participant's Name _____

Address _____

Phone _____

Grade/Age _____

***Please return this form and payment to
Nutley All Star Track & Field Camp
P.O. Box 14
Nutley, NJ 07110
on or before JUNE 30, 2018***

***Make checks payable to: Nutley All Star
Track & Field Camp***

***NO REFUNDS AFTER June 30, 2018
Walk in Registrations are welcome***

The named applicant is in good health and has my permission to participate in this program. In the event of an emergency requiring medical attention, I hereby grant permission to the medical personnel designated by the camp to attend to my child. I, the undersigned, hereby waive any claims arising out of my child's participation in the camp and agree to indemnify and hold harmless the Nutley High School, the Nutley Athletic Department, the Nutley B.O.E, and any of their agents and employees from the claim for injury occurring to my child during his/her participation in the camp or while at the camp site.

Parent/Guardian name _____

Signature _____