

OnTrack Athletics Summer Camp Schedule Bear Creek (9am-12pm 11-15 July) and South Surrey (9am-12pm 18-22 July)

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:10	Attendance/Team Meeting	Attendance/Team Meeting	Attendance/Team Meeting	Attendance/Team Meeting	Attendance/Team Meeting
9:15 – 9:30	Warm up	Warm up	Warm up	Warm up	Warm up
9:30 – 9:45	Silly starts	Down start/Up start sprints	Core station and silly starts	Down starts/Up start sprints	Core station and silly starts/sprints
9:45 – 10:00	Water break/ bathroom break	Water break/ bathroom break	Water break/ bathroom break	Water break/ bathroom break	Water break/ bathroom break
10:00 – 10:40	Hurdles - All Together In the Straight away 3 rows, 7-10 Kids per row, double step, Single step, Bunny hop, Side Step, Superman	Relay Switch @ 10:20 Shotput	Intro to high jump: scissor kick/front roll Switch @ 10:20 Noodle tag	Agility station & Water play	Javelin Switch @ 10:20 Multi-size hurdle station
10:40 – 11:00	Snack & skipping/hula hoop break	Snack & skipping/hula hoop break	Snack & skipping/hula hoop break	Snack & skipping/hula hoop break	Snack & skipping/hula hoop break
11:00 – 11:40	Long Jump – Jumping Drills, Walk jump, Run up jump, Regular jump	Tall rainbow hurdles Switch @ 11:20 Plyo box w/fast feet ladders	Javelin Switch @ 11:20 Banana hurdles	Long Jump – Jumping Drills, Walk jump, Run up jump, Regular jump	Obstacle course
11:40 – 11:55	Obstacle Course	Water play	Fast feet/seated running arms	Noodle tag/British bulldog	Scavenger hunt for freezies
11:55 – 12:00	Parent Pickup	Parent Pickup	Parent Pickup	Parent Pickup	Parent Pickup

PARTICIPANT INFORMATION ONTRACK ATHLETICS
Summer Track & Field Camp

Name of Participant:

Birthdate:

Parent/Legal Guardian cell phone number:

Select your camp:

Bear Creek July 11-15, 2022

South Surrey July 18-22, 2022

9am – 12pm Kids Camp:

9am – 12pm Kids Camp:

1pm – 3pm Tots Camp:

1pm – 3pm Tots Camp:

ACKNOWLEDGEMENT AND ACCEPTANCE OF RISK, AND CONSENT

I have reviewed the description of the OnTrack Athletics Track & Field programming and feel that I have sufficiently informed myself about the nature of the camp and the activities involved. I acknowledge that there are risks, dangers, and hazards associated with my child's participation in the camp including, but not limited to: impact and collision with other athletes or instructors; impact with objects or equipment used in connection with track and field events; contraction of a contagious disease including, but not limited to, COVID-19; changes in the type of surface and the condition of each surface, including the field, track, staircases and pathways leading to the track and bathroom facilities; adverse weather conditions; loss of balance; failure to participate safely within one's own ability; theft; consumption of food and drink, whether made by professionals or by non-professionals; and negligence of other participants or OnTrack Athletics coaches and assistants.

Participants are expected to be respectful and considerate towards other participants, OnTrack Athletics coaches and assistants. Participants are expected and required to follow the directions of OnTrack Athletics coaches and assistants, treat coaches and fellow program participants with respect; stay in close

proximity to their coaches and assistants during the program; and not leave without consent and informing camp coaches. If there is a breach of these rules, coaches will discuss the issue with the participant and/or their parents or guardian. In the event that there is a continuous breach of these rules, OnTrack Athletics may require the participant to withdraw from the remainder of the camp, without reimbursement of any camp fees.

I confirm that I have discussed these rules and expectations with my child. I hereby consent to my child's participation in the camp on the terms and conditions set out above by signing below.

Printed Name of Parent/ Legal Guardian:

Signature:

Date:

MEDICAL EMERGENCIES

In the event of an accident, injury or illness involving the registrant, and immediate contact by OnTrack Athletics with a designated contact cannot be made, I hereby authorize and grant permission to OnTrack Athletics to secure proper medical treatment and authorize on the registrant's behalf all procedures, including, without limitation, admission to an emergency unit, hospital and treatment therein, ordering of x-rays, tests or treatment, injections, anesthesia and/or surgery, as deemed necessary by the attending medical professional(s). I agree not to hold OnTrack Athletics responsible for any costs or injury arising out of an emergency situation. I hereby consent to my child's participation in the camp on the terms and conditions set out above by signing below.

Printed Name of Parent/ Legal Guardian:

Signature:

Date:

MEDIA CONSENT

As the parent or guardian of the participant named above, I give my consent to the publication of his/her photo or video in connection with OnTrack Athletics program activities on:

OnTrack Athletics website and social media pages: Yes: _____ No: _____

OnTrack Athletics advertising: Yes: _____ No: _____