

# RED LION CROSS COUNTRY AND TRACK & FIELD YOUTH CAMPS



*The Red Lion Track and Field Booster Club, under the direction of Todd Barshinger and Jason Smith, Red Lion Track & Field Coaches and Nate Stetter, Head Cross Country Coach will be offering evening summer camps to any boy or girl entering grades 3-9. Emphasis will be on the basic skills of sprinting, running, jumping and throwing. All participants will have an opportunity to compete in drills, games, and events throughout the week. Awards and a t-shirt will be given to all participants!*

## **CAMP OFFERINGS:**

### **TRACK AND FIELD CAMP (Gr 6-9) JUNE 18-21 6:00pm-8:30pm IMPROVE SPEED & POWER**

*This camp will introduce campers to the specific events of track and field and cross country while incorporating activities that increase speed, endurance, strength and running efficiency. Campers will be exposed to the basics of sprinting, hurdling, jumping, and throwing through drills and games. Activities that improve strength, speed, and flexibility will also be incorporated. Athletes will have the opportunity to compete in track and field specific events and will receive awards for their accomplishments.*

### **SPEED CAMP (Gr 3-5) JUNE 18-21 5:30pm – 7:30pm EMPHASIS ON THE BASICS TO BECOME FASTER**

*The goal of this camp is for campers to gain greater speed and endurance and increased running ability by emphasizing proper running form, developing foot and leg coordination, and learning techniques that will increase power, flexibility and speed. This camp would be great for any youth looking to increase speed, strength, and endurance for any youth sport. The camp will incorporate fun games, races, and competitions with drills and workouts. Athletes will receive awards for their accomplishments.*

***BOTH CAMPS ARE GREAT FOR ATHLETES OF ANY SPORT TO IMPROVE SPEED, STRENGTH & ENDURANCE!***

#### **Instructors:**

- Todd Barshinger, Head Boys Track Coach
- Jason Smith, Head Girls Track Coach
- Nate Stetter, Head Cross Country Coach
- Red Lion Track & Field Coaching Staff
- Collegiate & Former Red Lion Alumni

#### **Dates:**

**Gr 6-9**

**June 18-21 6:00-8:30pm**

**Gr 3-5**

**June 18-21 5:30-7:30pm**

#### **What to bring:**

- Dress for the weather!
- Sneakers
- Water bottle

Cost: \$ 60 (Red Lion SD resident)  
\$ 75 (Outside Red Lion SD)  
\$ 100 (2 or more RLASD family mem)  
\$ 110 (2 or more outside district)

#### **Ages:**

- Boys and Girls entering Grades 3-9 (For 2018-19)

Place: **Red Lion High School Track**

***Save this portion for your reminders. There will be no confirmation.***

Please complete the attached form and mail with a check payable to:

Red Lion Track & Field Booster Club  
c/o Todd Barshinger  
145 Woodthrush Ln  
York, PA 17403

**Registration Deadline: 6/6/18**

For further information, call 717-676-9013 or 717-309-0981

***Although this camp is consistent with the mission of the Red Lion Area School District and its Board of Directors, it is a private camp and operates as a separate entity from the Red Lion Area School District.***

**RED LION TRACK AND FIELD YOUTH CAMP REGISTRATION FORM  
2018**

Child's Name: \_\_\_\_\_ Gender: ☐ Male ☐ Female

Birth date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Grade Entering: \_\_\_\_\_

Street Address: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Phone: (Home/Cell)(\_\_\_\_)\_\_\_\_\_ (Emergency) (\_\_\_\_)\_\_\_\_\_

Session: ☐ June 18-21 6:00-8:30 (Gr 6-9) ☐ June 18-21 5:30-7:30 (Gr 3-5)

T-Shirt Size: ☐ Youth Medium ☐ Youth Large ☐ Adult Small ☐ Adult Medium ☐ Adult Large

Red Lion School District Student: ☐ Yes ☐ No If no, school district attending: \_\_\_\_\_

Please list any physical limitations (allergies, hearing, sight, asthma, etc.) \_\_\_\_\_

**SECOND** Family Member:

Child's Name: \_\_\_\_\_ Gender: ☐ Male ☐ Female

Birth date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Grade Entering: \_\_\_\_\_

Session: ☐ June 13-16 6:00-8:30 (Gr 6-9) ☐ June 13-16 5:30-7:30 (Gr 3-5)

T-Shirt Size: ☐ Youth Medium ☐ Youth Large ☐ Adult Small ☐ Adult Medium ☐ Adult Large

Please list any physical limitations (allergies, hearing, sight, asthma, etc.) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

As the parent or Legal Guardian of the child named below, I hereby give my full consent and approval for my child to participate as a member in the activity designated below. I understand that there are certain risks of injury inherent in the practice and play of this sport, as well as other related activities incidental to my child's participation and I am willing to assume these risks on behalf of my child. I hereby certify that my child is healthy and has no physical or mental disabilities or infirmities that would restrict full participation in these activities, except as listed above. In addition to giving my full consent for my child's participation, I do hereby waive release and hold harmless the organization listed above, its coaches, sponsors, supervisors and representatives for any injury that may be suffered by my child in the normal course of participation in the designated sport and the activities incidental thereto, whether the result of negligence or any other cause.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date