

SPRING BREAK TRACK & FIELD JUMP START TRAINING

MARCH 16 to March 26
2020



For

Grades 8 to 12
at
West Vancouver Secondary School

by



Track and Field Club
North and West Vancouver

Grades 8 to 12 SPRING BREAK TRACK AND FIELD JUMP START TRAINING

Get a Jump Start on the Track Season! It's
time to get fit and learn a new skill.

High School athletes are invited to join
NorWesters Spring Break Training. You will
learn sprints, hurdles, jumps and throws during
sessions.

Coach: Elena Voloshin

Times of Practices

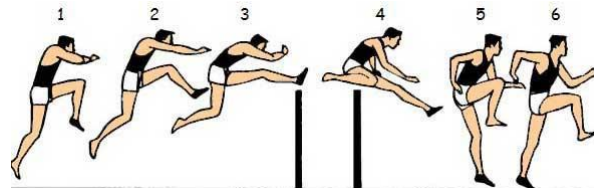
Monday/Wednesday/ Thursday
March 16/ 18/ 19
March 23/ 25/ 26
12.30 to 3pm.

Cost: \$180

Registration is limited

Please make cheques payable to:
NorWesters Track and Field Club.

Inquiries: Phone 604-929-3554
PREREGISTRATION NECESSARY



REGISTRATION FORM

Name: _____

Address: _____

_____ PCode _____

Tel. # _____

Email _____

Birthdate: / /
 Mm dd yy

School: _____

Grade _____

Medical ins. # _____

Any Medical Conditions which may affect
participation in this camp ? Y \ N

If Yes, please specify. _____

PAYMENT ENCLOSED: \$ _____ Chq/ Cash

The responsibility for sport safety must be shared by all, I the undersigned am aware that there is certain risk of injury involved in my own or my child's participation in sport: either while traveling to or from the event; or while attending or participating in the programs or activities of the events which are sanctioned/ approved by BC Athletics, its Divisions, its Member Clubs or recognized organizing societies. It is understood by me that the signing of this document is intended to indicate that on behalf of myself an/or my child I assume the shared responsibility and acknowledge the risk of injury by so participating.

Signature of Applicant: _____

Signature of Parent or Guardian _____