

## OnTrack Athletics Spring Break Camp Schedule South Surrey (9am-12pm 13&17 March 2023)

\* indicative schedule, activities may be rotated and/or adapted depending on weather conditions, interest among participants and group dynamics.

	Monday	Friday
9:00-9:10	Attendance/Welcome and introduction	Attendance/review day's activities
9:15 – 9:30	Lap, static & dynamic warm up	Lap, static & dynamic warm up
9:30 – 9:45	Silly starts/sprints	Core station and silly starts/sprints
9:45 – 9:55	Water break/ bathroom break	Water break/ bathroom break
9:55 – 10:20	Introduction to shotput (half of group) Switch @ 10:10 Introduction to high jump (half of group)	Hurdles - All together In the straight away 3 rows, 7-10 kids per row, double step, Single step, bunny hop, sidestep, superman
10:20 – 10:40	Hurdles - All together In the straight away 3 rows, 7-10 kids per row, double step, Single step, bunny hop, sidestep, superman	Javelin (half of group) Switch @ 10:20 Multi-size hurdle station on curve (half of group)
10:40 – 11:00	Snack & skipping/hula hoop break	Snack & skipping/hula hoop break
11:00 – 11:30	Long Jump – Jumping drills, Walk jump, Run up jump, Regular jump, castles	Obstacle course
11:30 – 11:55	Obstacle Course	Scavenger hunt for candy
11:55 – 12:00	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: \_\_\_\_\_