



Saskatchewan Athletics
Saskatoon Field House
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TRACK AND FIELD - EASTER CAMP

Dates: April 6-9, 2010 - Saskatoon Field House
Athletes: 14 years and older

Easter Camp is an excellent chance for coaches and athletes to prepare for the 2010 outdoor season and gain new ideas for their program. This 4 day comprehensive camp includes: technique (biomechanics) training, event area discussions, weight & core strength training, nutrition, and mental training.

Costs:	<u>with accom. & meals</u>	<u>without accom. & meals</u>
Non-member*	\$270.00	\$210.00
Sask Athletics members	\$205.00	\$145.00
Sask Athletics Coaches	\$130.00	Free

Note: A \$25.00 discount in camp fees will be given to athletes enrolled in the Sask Excellence Program. ALL ATHLETES WHO APPLY AND PAY FOR THE CAMP BEFORE MARCH 16 WILL RECEIVE A \$20 DISCOUNT. Please take the discount(s) off for early registration and/or being a Sask Excellence athlete.

Please fill in the attached form. Payment may be made by cheque payable to Saskatchewan Athletics or Visa/Mastercard. For more information, phone (306) 664-6744. Information re: schedule, hotel, meals, things to bring, etc. will be sent in the confirmation package to those who apply.

Registration Deadline is March 30, 2010.

Name _____ Email _____

Address _____ Club _____

Postal Code _____ Phone # _____

Event Area Preference (Circle one) for Easter Camp. Sprint/Hurdles Jumps Throws Distance

Accommodation required Yes ____ No ____

*Note: Hotel is only eligible for first 40 out-of-town participants

Vegetarian Yes ____ No ____

Food Allergies _____

Male ____ Female ____ Date of Birth _____ Sask. Athletics Membership #

Credit Card # _____ Exp _____

Amount enclosed: