

TRACK AND FIELD - EASTER CAMP



Who: Athletes between the ages of 14 and 17
* Designed with rural athletes in mind, but urban athletes also welcome to attend

When: Easter Break - April 10-13, 2012

Where: Saskatoon - Indoor Field House and Park Town Hotel

Why: Easter Camp is an excellent chance for coaches and athletes to prepare for the 2012 high school and provincial outdoor track season and gain new ideas for training and performance. This 4-day comprehensive camp includes: technique (biomechanics) training, event area discussions, plyometrics & core strength training, nutrition, mental training, and team building activities.

Cost:

- \$215 for athletes who are current Sask Athletics members (includes accommodations, meals, and evening activities)
- \$285 for athletes who are non-members of Sask Athletics (includes a Sask Athletics membership, accommodations, meals, and evening activities)
- \$25.00 discount is applied for athletes who joined the 2012 Sask Excellence

Registration Deadline is March 30, 2012

Name: _____ Address : _____

City: _____ Postal Code: _____ Phone #: _____

Cell #: _____ Email: _____

Event Area Preference for Easter Camp (Circle Top Two): Sprint/Hurdles Jumps Throws Distance

Medical and/or Dietary Concerns: _____

Male ____ Female ____ Date of Birth (Day/Month/Year) _____

Credit Card #: _____ Exp: _____

Questions can also be directed to Sarah Junkin, Program Coordinator:
Phone: (306) 664-6744 email: sjunkin@sasktel.net