

SUMMER MEETS

Yorkville's Youth camp will host the first of three summer meets!

Yorkville Camp athletes will receive free entry into our meet at YHS (6/29/19).

We will spend much of our time at the camp preparing the athletes to compete at these meets.

The other meets will be hosted by Plainfield South (7/6/19) and Neuqua Valley (7/11/19).

More details on the meets will be available once camp starts!



Family Rates for Track Camp

- 1 kid---\$100
- 2 kids---\$160
- 3 kids---\$210
- 4 kids---\$260

The purpose of this program is to learn, train, and compete in the events of track and field!

All abilities and experience levels are welcome!

Athletes will be given opportunities to learn skills specific for the relays, hurdles, high jump, long jump, sprints, and throws!

The camp runs for 4 weeks so even if you have a vacation scheduled, you will still have plenty of opportunities to learn, train, and compete!

The focus of the camp will be to prepare the athletes to attend at least one of the meets in our Summer Track & Field series.



YORKVILLE



NEUQUA VALLEY



PLAINFIELD SOUTH

YORKVILLE TRACK & FIELD 2019 SUMMER CAMP



This camp is open to all athletes
Grades 3 through 12.

We organize the camp in two sessions during the morning. Younger athletes will have different and separate training than our older athletes.

6TH-12TH GRADERS:

- 9-10 am
- More advanced principles
- TRY other events
- Prepare for competition

3RD-5TH GRADERS:

- 10-11 am
- Learn basic principles of T&F
- TRY all events
- Prepare for competition

YOUTH TRACK CAMP REGISTRATION \$100

Athlete Name (print clearly, please): _____

Gender (circle one): Female Male

Grade for the upcoming 2019/20 school year _____

Emergency Contact Name & Phone Number: _____

Email Information: _____

Shirt Size (adult, circle one):

S M L XL

As a guardian of _____, I hereby give my permission for my child to participate in the Yorkville Youth Track Camp and acknowledge the fact that he/she is physically able to participate in the camp activities. I further understand that any Yorkville High School staff member, personnel, or Yorkville School Board Member will in no way be held liable for any accident or injury at the camp by my child.

Parent/Guardian _____ Date _____

Please detach this portion and send to the following address by May 25th. **Any applications submitted following this date will be charged an additional \$10.** Checks can be made payable to Yorkville High School

Lauren Vriezen/Jake Austin
797 Game Farm Road
Yorkville, IL 60560

2019 T&F SUMMER CAMP

Camp includes:

Tri-blend t-shirt

Entry into summer track meets

(No camp the week of July 1st)

Run by
YHS athletes & coaches



EXPECTATIONS!

- Try Hard
- No "I Can't ..."
- Be Positive
- Be Good Sports
- Have Fun!

YORKVILLE TRACK & FIELD 2019 SUMMER CAMP



MONDAY/WEDNESDAY, JUNE 17-JULY 17

Entering 6th-12th grade
9-10 am @ YHS Track

Entering 3rd-5th grade
10-11 am @ YHS Track

Cost: \$100

Camp Directors:

Lauren Vriezen, YHS Head Girls T&F Coach
vriezen@y115.org

Jake Austin, YHS Head Boys T&F Coach
jaustin@y115.org