

2019 Valley Youth Track & Field SUMMER CAMP

CLINIC INFORMATION

DATES: June 4-7
TIMES: Grades K-3—5:45-6:45 p.m.;
Grades 4-7—7-8 p.m.
SITE: Tiger Field (at Valley High School)
AGES: Boys and girls grades K-7
FEE: \$50, includes T-shirt
(family discount—\$10 off for additional
siblings)

WHAT TO EXPECT

Campers will participate in team building activities, learn track and field fundamentals, learn about track and field events and compete in track and field events.

COACHING STAFF

Tom Trygstad, head boys' track and field coach and cross country coach
Keith Borness, head girls' track and field coach
Valley assistant coaches
Stilwell and Indian Hills coaches
Valley boys' and girls' track athletes

CAMP PHILOSOPHY

The Valley High School boys' and girls' coaching staff is focused on building enthusiasm for track and field in young athletes. Emphasis will be placed on having fun and building individual skills and fitness. We will encourage each athlete to celebrate over result.

HAVE QUESTIONS?

If you have any questions, comments, or concerns or desire to learn more details about this camp, please call head coach Tom Trygstad at 515-250-3936 or you can also email him at trygstad@wdmcs.org.

Information also
available online:
www.wdmcs.org/camps



COMPLETE AND RETURN APPLICATION
ALONG WITH PAYMENT TO:
Valley Athletics—Track and Field Camp
Valley High School
3650 Woodland Ave.
West Des Moines, IA 50266

PLEASE MAKE CHECKS PAYABLE TO:
Valley High School Track and Field

2019 VALLEY YOUTH TRACK AND FIELD CAMP REGISTRATION FORM

Student's Name _____ Grade _____ Age _____

Address _____ City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____ Parent's Email (please print) _____

Emergency Contact _____ Emergency Number(s) _____

Student will be attending: Session for Grades K-3 Session for Grades 4-7
Please circle T-shirt size: Youth S Youth M Youth L Adult S Adult M Adult L Adult XL

In consideration of the acceptance of this application for enrollment in the Valley Track and Field Camp, I/We intend to be legally bound hereby for myself, my heirs, executors and administrators, to waive and release any and all rights and claims for damages I/We may have against the West Des Moines Community Schools, all sponsors, and all employees of the Valley Track and Field Camp for any damages which may be sustained or suffered by in connection with my/our associating to, participating in or returning from the camp. I/We hereby grant permission for my/our child to be a participant in the Valley Track and Field Camp and if any injury should occur during, traveling to, or returning from the camp I/We agree to pay for all costs, present and future, through my/our medical insurance policy and/or personal finances.

Parent/Guardian Name _____ Parent/Guardian Signature _____

Insurance Carrier _____