

2011

Etobicoke Track & Field Club Summer Sports Camp



runjumpthrow
athletics canada

For children ages 6-13

**CENTENNIAL PARK STADIUM
56 CENTENNIAL PARK DRIVE
ETOBICOKE**

Mornings

The mornings will focus on learning the basics of Track & Field on the rubberized track at Centennial Stadium.

- Sprints: 100 meter training including sprint drills, strength development and starting basics.
- Middle Distance: 400 / 800 meters.
- Jumps: High Jumping and Long Jumping will be emphasized.
- Relays: team building and baton hand-offs.
- Throws: Shot Put, Discus and Javelin.

Note: For safety reasons foam and rubber throwing implements are used.



Afternoons

Afternoons will consist of teaching and playing various team sports and activities including Soccer, Baseball, Touch Football, Swimming and other team-building games.

All equipment will be supplied by the Etobicoke Track & Field Club's Summer Sports Camp.

Special Weekly Outings

A weekly special outing is included each week to complement scheduled activities. Transportation (buses) and admission fees are included in weekly fees, making the camp a great deal for the parents and a positive experience for the participants.



Lunch

Every child should bring a lunch and snacks to camp each day. Water is always available.

Please respect that we are a
"Nut Free Environment"

Inclement Weather

In case of bad weather we will shelter in stadium facilities until it is suitable to restart activities. On rainy days, each child should bring a towel and a rain jacket to camp.

Serving Etobicoke and Mississauga over 40 years

There are **8 weekly sessions** with the option of early drop off and/or late pick up times. Sign up for one or more weeks; as many as you wish.

Simply check off the weeks you want, check off early drop off and/or late pick up, if desired, and sum up total. Sign the waiver, and mail it along with the payment and registration form to the address noted.

Take advantage of our Early Savings Special by registering your child before May 9th to receive your discount.

**For more information call / email
Etobicoke Track and Field Clubs
Phone: (416) 569-1774 or (416) 258-2888
email: etobicoketrack@sympatico.ca**

Payment

Full payment is required at the time of registration. In limited circumstances we will accept a \$50.00 deposit at registration with remaining balance due on or before June 1, 2011. Confirmation of registration will be mailed upon receipt of registration, and by email, if an address is provided.

Please include completed registration form and signed waiver with payment.

Cancellations and Refunds

Requests for refunds of fees paid, must be made in writing and submitted to Etobicoke Track and Field Club, 18 Glos Road, Etobicoke, Ontario, M9C 2Z9. Requests received at least 30 days in advance of the selected camp session will be granted, after deduction of administration fees of \$25.00 per session.

Refund requests received with less than 30 days notice are subject to an administration fee of 50% of the total fee.

Session Time

- July 4 – 8** **9:00 – 4:30**
- July 11 – 15** **9:00 – 4:30**
- July 18 – 22** **9:00 – 4:30**
- July 25 – 29** **9:00 – 4:30**
- Aug 2– 5*** **9:00 – 4:30**
- Aug 8– 12** **9:00 – 4:30**
- Aug 15 – 19** **9:00 – 4:30**
- Aug 22 – 26** **9:00 – 4:30**

- One Hour Early Drop Off (8:00-9:00) add \$25/wk**
- One Hour Late Pick Up (4:30-5:30) add \$25/wk**

**Weekly Costs - \$215.00 per week (\$190.26 plus HST)
- Additional weeks reduced \$20 to \$195 (\$172.57 + HST)
* Aug 2-5 (short week) - \$180.00/wk (\$157.52 + HST)**

Total: _____

Child's name:	Age:	M / F
Address:	City:	
Province:	Postal Code:	
Health Card #:	Birth date:	
Parent's name:	Home Phone:	
Emergency contact:	Phone:	
Email:	Work phone:	
Signature:	Date:	

In consideration of the applicant's participation in the Etobicoke Track and Field Clubs' Sports Camp activities, the applicant, parents, heirs, executors, administrators, successors and assigns hereby release, waiver and forever discharge the Etobicoke Track and Field Clubs (including Etobicoke Huskies/Striders Track and Field Club (EHS), Gladstone Track and Field Club (EG)), and all sponsor organizations, elected and appointed officials, successors and assigns of and from all claims, demands, damages, costs, expenses, actions and cases of actions resulting from any accident or loss however caused. In the event that the applicant is incapacitated, or the applicant is a child, I hereby give you permission to seek out medical assistance the applicant may require while attending camp. In signing the application, the applicant acknowledges that he/she has read and understands the conditions and certifies that the participant is in good physical and mental health. The applicant acknowledges and agrees that the Etobicoke Track and Field Clubs reserve the sole and exclusive right to use any pictures or videos taken during the program for advertising and/or instructional purposes, without cost or charge to the Etobicoke Track and Field Clubs, and the applicant consents to photographs or videos being taken for the purposes herein.

Signature of parent or guardian

Date _____

**Please make cheque payable to:
Etobicoke Track & Field Club**

Early Bird Special
Register by May 1st
save \$20 per week

**Mail application to:
Etobicoke Track Summer Sports Camp
18 Glos Road., Etobicoke, ON, M9C 2Z9
email: etobicoketrack@sympatico.ca**