

LANGLEY MUSTANGS T&F

SUMMER TRACK CAMP 2012



**Summer Camps
Ages 9-14**

**Camp #1
July 9 -13, 12PM-4PM
Camp #2
July 16-20, 12PM-4PM**

Both at McLeod Athletic Park

**Cost
\$100.00 (Includes T-shirt,
Instruction, Camper of the
Week Prizes)**

**All Camps Must Have a
Minimum of 15 Athletes For
It To Be Run.
Registration Limited to 30
Participants.**

**REGISTRATION DUE:
JUNE 15th**

Name: _____

Age: ___ (M/F): ___ ShirtSize: ___

Address: _____

Phone: _____

Email: _____

BC Medical #: _____

Medical Conditions: _____

Emergency Contact: _____

I, the undersigned, agree that Langley Mustangs cannot assume responsibility for medical expenses for myself (if 18+)/my child and agree to bear such responsibility and pay such expenses incurred with respect to such medical emergency. I also relieve Langley Mustangs, Kim Chapdelaine and hired associates from any claim and/or liability or damage as a result of any illness or injury or any property damage which may be suffered by myself (if 18+)/my child during schedule activities of Langley Mustangs. I also understand that myself (if 18+)/my child must adhere to all instruction and never participate in any activity without proper instruction.
Name Athlete(if 18)/Parent/Guard.: _____

Signature: _____ Date(dd/mm/yyyy): _____

Name of Witness: _____

Signature: _____ Date(dd/mm/yyyy): _____

CAMP HIGHLIGHTS:

- Running Mechanics, Technical Expertise in Jumping, Throwing and Relays.
- Instruction of Skills Used in All Events
- Development of Talents and Interest, As Well As Personal Improvement and FUN!

CAMPERS SHOULD BRING:

- Nutritious Snack and Lunch
- Appropriate Workout Attire (T-shirt, Shorts, Shoes, Weather Appropriate Attire)
- Water Bottle, Hat, Sunscreen and Any Medications for Allergies, Bug Bites, Asthma, etc.
- GOOD ATTITUDE!

REGISTRATION DEADLINE JUNE 15/2012

REGISTER VIA kimcoach39@hotmail.com

Payment by cash or cheque (made out to Kim Chapdelaine)

KIM CHAPDELAINE:

HIGH PERFORMANCE coach. Over 20 years of experience. Head Coach, administrator & supervisor. Previously a National Team coach for Track & Field and head coach for 3 Canadian Universities. Canadian Coach Certified. Background in Kinesiology/Psychology.

MATT CHAPDELAINE:

SPEED&STRENGTH PERFORMANCE associate. 6 years of experience. Assistant coach. Previously a Football & Track Athlete (Sprints and Jumps) at the CIS Level. Professional Football Player (CFL).

JUSTIN CHAPDELAINE:

SPEED, ENDURANCE & AGILITY associate. 4 years of experience. Assistant coach. A National Champion in Football at the CIS level and continuing starter for the Queen's Gaels Football Program. Sprints and Relay at CIS level for Track with Gaels.

ROBBIE GALLAUGHER:

JUMPS coach. Gold High Performance Athlete (Mustangs). BC Champion. Ranked in Canada for Long Jump. ID'd to the 2016 Olympics

CAROLYN SUTHERLAND:

JUMPS and SPRINTS coach. Gold Performance Athlete (Mustangs) Junior National Champion (Long Jump), ID'd to the 2016 Olympics

GEORGIA ELLENWOOD:

MULTI-EVENTS coach. Gold Performance Athlete (Mustangs) National Youth Champion (Combined Events), Canadian Record Holder (Hep), ID'd to the 2016 Olympics

SHELBY SMITHSON:

HIGH JUMP coach. Gold Performance Athlete (Mustangs) BC Youth Champion, BC Legion Team (2011)