

2014 RIVER DELL TRACK & FIELD & SPEED CAMP

**PRESENTED BY BERGEN ATHLETIC CLUB
@ River Dell Regional High School**

FOR BOYS & GIRLS ENTERING GRADES 1 - 9

**Session 1: Monday, JUNE 30th – Thursday, JULY 3rd
AND**

Session 2: Monday, JULY 28th – Thursday, JULY 31st

ALL SESSIONS ARE 8:30 a.m. – 12:00 P.m. (rain or shine)

**For information contact Michele Carcich at: 551-486-4518 or Mike Urso at: 201-681-6138
Email: michele.carcich@riverdell.org or michael.urso@riverdell.org**

The River Dell Track Experience:

**Learn the world's most popular sport through demonstration, small group instruction,
and competition!**

**High Jump, Long Jump, Triple Jump, Shot Put, Javelin, Hurdles, Sprints, and
Relay races!**

Compete in unique obstacle courses and fitness events every day!!

Improve SPEED, COORDINATION, and ENDURANCE FOR ALL SPORTS!!

Learn proper warm-up, stretching, and cool-down techniques!

JOIN THE RIVER DELL TRACK TRADITION

BOYS

LEAGUE CHAMPS: 1999, 2001, 2002, 2003, 2004, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013

BERGEN COUNTY CHAMPS: 2001, 2006, 2007, 2009, 2011

STATE SECTIONAL CHAMPS: 2000, 2007, 2013

GIRLS

LEAGUE CHAMPS: 2001, 2002, 2004, 2005, 2006, 2007, 2009, 2012, 2013

BERGEN COUNTY CHAMPS: 2005, 2006, 2013

STATE SECTIONAL CHAMPS: 2006, 2013

STATE GROUP CHAMPS: 2013

*Sponsored by River Dell Track Coaches. The Track Camp is not an activity of the
Oradell Board of Education or the Oradell Public School.*

2014 RIVER DELL TRACK & FIELD AND SPEED CAMP

Purpose - The camp is designed to teach boys & girls the fundamentals of Track & Field, as well as flexibility, fitness, speed, and endurance for all sports.

CAMP DIRECTORS

Mike Urso – Head River Dell Boys and Girls Track Coach, Bergen County Coach of the Year, North Jersey Coach of the Year, Winner of numerous State Group, State Sectional, County, and League Championships. Former All-State runner and Captain of the Duke University Football Team.

Michele Carcich- Current Head River Dell Girls Track Coach, Bergen County Coach of the Year, Coach of 2006 State Sectional Champs and 2013 State Group II Champs as well as numerous County and League Championship Teams, Asst. Soccer Coach at River Dell, Former Soccer and Basketball player at Rowan University.

CAMP INSTRUCTORS

Adam Herman – Assistant River Dell Track Coach and Soccer Coach at Fair Lawn High School, Former All-League Sprinter at Fair Lawn High School and East Stroudsburg University.

Ann Behrens – Assistant River Dell Track and Soccer Coach, Former All-League Javelin Thrower at River Dell and The College of New Jersey.

Stephanie Carnevale – Former All-County runner at River Dell and current All-American hurdler at Muhlenberg College. Holds both the River Dell and Muhlenberg College school records in the high hurdles.

- **Campers should wear sneakers and should bring an additional sport drink or water bottle.**

***** DETACH & MAIL REGISTRATION FORM*****

Name(s): _____ Grade(s) just completed: _____

Address: _____ Phone #: _____

_____ Emergency #: _____

Parent/Guardian Name: _____ Email: _____

- **Cost : \$140 per session**
- **Family Discount: \$10 off per kid if more than one kid attends**
- **Two week discount: \$250 total for both weeks**
- **Check Session: BOTH Sessions: _____ JUNE Session ONLY: _____ JULY Session ONLY : _____**
- **Total enclosed: \$ _____ (Canceled check will serve as registration confirmation)**

Checks should be made payable to **Bergen Athletic Club** and mailed to:
River Dell Track and Field Camp
P.O. Box 226
Oradell, NJ 07649

Cancellation Policy: A full refund will be granted up until June 23rd. After that a \$50.00 charge will applied.

Waiver & Release: I hereby approve of my child's attendance at the Bergen Athletic Clubs River Dell Track & Field Camp LLC, and certify that he/she is in good health and able to participate in the program and in all activities. Further, we do hereby waive, release and forever discharge this organization, its staff, representatives, and employees from any claims for damages ensuing from accident, injury to person or loss of personal property during this event, as well as participation in activities or arising from travel to facility. We also authorize the Director and staff to act for me accordingly in their best judgment in any emergency requiring medical attention.

Signature of Parent/Guardian: _____