**2016 RIVER DELL TRACK & FIELD**

**&**

**SPEED CAMP**

**@ River Dell Regional High School**

**Presented By Bergen Athletic Club**

**FOR BOYS & GIRLS ENTERING GRADES 1 - 9**

**Session 1: Tuesday, JULY 5th – Friday, JULY 8th**

**and**

 **Session 2: Monday, JULY 25th – Thursday, JULY 28th**

**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**

* Learn the world’s most popular sport through demonstration, small group instruction,

& competition!

* High Jump, Long Jump, Triple Jump, Shot Put, Javelin, Hurdles, Sprints, & Relay races!
* 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 - 2004, 2006 - 2016

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

**STATE SECTIONAL CHAMPS:** 2000, 2007, 2013, 2015, 2016

**STATE GROUP CHAMPS:** 2015

**GIRLS**

**LEAGUE CHAMPS:** 2001, 2002, 2004 - 2007, 2009, 2012 - 2016

**BERGEN COUNTY CHAMPS:** 2005, 2006, 2013, 2015, 2016

**STATE SECTIONAL CHAMPS:** 2006, 2013, 2015

**STATE GROUP CHAMPS:** 2013

2016 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. Coached multiple All-County Long and Triple jumpers.

**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. Coached the State Group II High Hurdle Champion.

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

*-----------------------------------------------------****-2016 Registration Information***-------------------------------------------------------

Child 1: M/F \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade Entering: \_\_\_\_\_\_ T-shirt size: YS YM YL AS AM AL

Child 2: M/F \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_ T-shirt size: YS YM YL AS AM AL

Child 3: M/F \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_ T-shirt size: YS YM YL AS AM AL

Medical Condition(s): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address (incl town):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency phone number(s):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* **Cost : $145 per session**
* **Two week discount: $250 total for both weeks**
* **Family Discount: $10 off per kid if more than one kid attends**
* **Select one: BOTH Sessions \_\_\_\_ ; JULY 5th Session ONLY \_\_\_\_ ; JULY 25th Session ONLY \_\_\_\_\_**
* **Total enclosed: *$****\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (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**

*Due to some upcoming summer construction the camp will have limited use of the track. Fortunately, most, if not all, of our events do not need an actual track to compete in. With a little creativity, we will make sure that all events are contested and the kids have another great experience!*

**Photo Waiver:**

Throughout the duration of the camp, individual and group pictures are taken of the kids while competing. We would like to request permission to post these images and videos to our Camp Facebook page, which can only be accessed by parents from the camp. N

**NO names** will be attached to the photos or videos.

I DO \_\_\_\_ DO NOT \_\_\_\_ grant permission for these photos and videos to be posted to the Camp Facebook page, ONLY.

 **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:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_