

2020 RIVER DELL TRACK & FIELD



&

SPEED CAMP



@ River Dell Regional High School

(presented by Bergen Athletic Club)

For Boys & Girls Entering Grades 1-9

Week 1: Monday, 7/6 – Thursday, 7/9

Week 2: Monday, 7/27 – Thursday, 7/30

All Sessions → 8:30 a.m. – 12:00 p.m.
(rain or shine)

For information contact:

Michele Carcich at 551-486-4518 Michele.Carcich@riverdell.org or
Michael Urso at 201-681-6138 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, 2006-2011, 2013 - 2019
BERGEN COUNTY CHAMPS: 2001, 2006, 2007, 2009, 2011,
STATE SECTIONAL CHAMPS: 2000, 2007, 2013, 2015, 2016, 2019
STATE GROUP CHAMPS: 2015, 2016

GIRLS

LEAGUE CHAMPS: 2001, 2002, 2004 - 2007, 2009, 2012 - 2018
BERGEN COUNTY CHAMPS: 2005, 2006, 2013, 2015, 2016
STATE SECTIONAL CHAMPS: 2006, 2013, 2015, 2016- 2018
STATE GROUP CHAMPS: 2013

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 INSTRUCTORS

Michele Carcich- Current Head River Dell Girls Track Coach, Bergen County Coach of the Year, Coach of several State Sectional, County and League Championships as well as the 2013 State Group II team. Former Soccer and Basketball player at Rowan University.

Mike Urso – Assistant Track Coach; Bergen County Coach of the Year, North Jersey Coach of the Year, Coach of numerous State Group, State Sectional, County, and League Championships. Former All-State runner and Captain of the Duke University Football Team.

Athletic Trainer on site at all times from Athletic Training Services, PLLC (Professional PT)

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

-----**2020 Registration Information**-----

Last Name: _____

First Name: M / F _____ Grade Sept '20: _____ T-shirt size: *YS YM YL AS AM AL*
(Circle One)
M / F _____ *YS YM YL AS AM AL*
M / F _____ *YS YM YL AS AM AL*

Address (*street & town*): _____

Parent/Guardian Name(s) (please print): _____

Email Address: _____

Emergency Contact: _____

Check ONE Please:

BOTH WEEKS → _____ **1st WEEK ONLY** (7/6-7/9) → _____ **2nd WEEK ONLY** (7/27-7/30) → _____

Cost : \$165 / Week

- **Early Registration Discount:** \$10 off total if registration is postmarked on or before 6/1
 - **Two-Week Discount:** \$280 total for both weeks (*save \$50*)
 - **Sibling Discount:** \$10 off per sibling if more than one attends the **SAME** week
 - **River Dell HS/MS Discount:** \$120/week if are a RD (HS or MS) employee
- **Check #** _____ **Total enclosed:** \$ _____ (*Canceled check serves 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

Photo Waiver:

Throughout the duration of the camp, individual and group pictures are taken of the kids while competing. We will be posting images and videos of the kids participating during camp to our Camp Facebook page, which can only be accessed by parents from the camp. **NO names** will be attached to the photos or videos. If you **DO NOT** want your child's individual photo/video uploaded to the page please check off the box below.

I DO NOT _____ grant permission for these photos and videos to be posted to the Camp Facebook page.

Cancellation Policy: A full refund will be granted up until June 22nd. After that a \$35.00 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: _____