

2023 RIVER DELL TRACK & FIELD CAMP



For Boys & Girls Entering Grades 1-9

Week #1: Monday, 7/10 - Thursday, 7/13

Week #2: Monday, 7/24 - Thursday, 7/27

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

For information contact:

Email: RDTrackCamp@gmail.com

Cell: 551-486-4518 (Michele)

- ✓ *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, 2021-2023

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, 2021-2023

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

STATE SECTIONAL CHAMPS: 2006, 2013, 2015, 2016- 2018, 2022

STATE GROUP CHAMPS: 2013

RD T&F CAMP DIRECTORS

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 – Current Head River Dell Boys 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.

RD T&F CAMP STAFF

Lauren McDonald – Current Assistant Track at Field Coach at RDHS, Former Assistant Track and Field Coach at Bloomfield High School, Former Track and Field Athlete, Captain, and Record holder at Monmouth University, Former Team USA Bobsled and Skeleton Athlete.

Erik Anderson – Erik Anderson- Current Assistant Track and Field Coach at RDHS, Former Assistant Track and Field Coach at Westhampton Beach High School, Former Track and Field Athlete at Monmouth University.

River Dell Track & Field Alumni and Current Student-Athletes.

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

Registration Deadline is June 16th *(\$10 late fee if received after 6/16)*

PAYMENT INFORMATION

The camp fee for one week is **\$200**. This price includes 4 days (14 hours) of instruction, insurance, a professional ATC on site, a small camper to instructor ratio, ice pops, and a camp tee-shirt. We do our best to group the kids based on their age (and sex if numbers allow). *Register for two weeks and receive a discount!! Register multiple siblings and receive a discount!!* We keep the camper to instructor ratio as low as possible, so space IS limited.

- **Two-Week Discount:** \$375 total for BOTH weeks (*save \$25*)
- **Sibling Discount:** \$20 off additional sibling IF they attend the SAME week (*save \$20*)
- **River Dell HS/MS Discount:** \$180/week if you're a RD (HS /MS) employee (*save \$20*)

Cancellation Policy: FULL refund granted up until June 16th, otherwise a **\$50.00** charge will be deducted.

2-PART REGISTRATION

- 1) REGISTER ONLINE: Fill out your child's information by clicking [Online Registration Link](#)
 - ✓ Register separately for each child
- 2) MAIL IN: Mail payment along with the completed form below *before Friday, 6/16*.
 - ✓ Mail address: **RD T&F Camp, 125 Dwight Avenue, Hillsdale, NJ 07642**
 - ✓ Make checks payable to: **Bergen Athletic Club**

WHAT TO WEAR & BRING

- ✓ sneakers, shorts, tee-shirt/tank top, long sleeve (if breezy), hat (if sunny)
- ✓ sunscreen (apply before arriving and pack for reapplication)
- ✓ cold water bottle / sports drink (pack an extra just in case)

Keep info above for yourself.

----- DETACH AND MAIL WITH PAYMENT BEFORE 6/16 -----

Parent/Guardian Name (First, Last): _____

Camper #1 Name: _____

Camper #2 Name: _____

Camper #3 Name: _____

Total Enclosed: \$ _____ (*add \$10 to total if mailing after 6/16*)

Check #: _____

Cancellation Policy: A FULL refund granted up until June 16th. After that a \$50.00 charge will applied.