

# 2018 RHS Speed & Track Camp

## Saturday June 9th

**Who:** Rising 3rd - 8th Grade

**Where:** Ringgold High School Football Field and Track

**When:** Saturday June 9th from 9:00am-12:00 noon.

**What:** The RHS Track coaches and athletes will provide instruction in the following areas: Dynamic Flexibility, Sprinting Technique and Mechanics, Proper Body Position, Sprint Phase Drills, Plyometric Drills, Specific Track Drills

**Cost:** \$25

\*Pre registration forms must be accompanied by payment

\* We will accept walk up registration the day of the camp

**Check-in begins Saturday June 9th at 8:30am on the RHS Football Field and Track**

**Please email questions to Houston White:  
hwhite.rhs@catoosa.k12.ga.us**

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### Registration Form

Registration fee must accompany this form and be returned to RHS. All checks made out to RINGGOLD TRACK BOOSTER CLUB. Mail to:

RHS Track  
ATTN: Houston White  
29 Tiger Trail  
Ringgold, GA 30736

**Child's Name** \_\_\_\_\_ **Fall 2018 Grade Level** \_\_\_\_\_

**Address** \_\_\_\_\_

**Phone** \_\_\_\_\_

**Parent's Name/Number** \_\_\_\_\_

**Emergency Contact** \_\_\_\_\_

**Phone** \_\_\_\_\_

**Allergies/Medical Needs** \_\_\_\_\_

The undersigned hereby releases individually and as a parent/guardian of participating child, the City of Ringgold, Catoosa County Schools, the Board of Education and any and all employees of same from liability for death, personal injury, and/or property damage that may be sustained by the above-referenced child.

**Signature of Parent/Guardian** \_\_\_\_\_

**\*Please use separate forms for each child!**