

July 14-18, 2014 9:00am – 4:00pm
July 21-25, 2014 9:00am – 4:00pm

**Point Grey Secondary School Track
5359 East Boulevard, Vancouver, BC**

Payment

Full payment is due at time of registration. The deadline is June 30th. Confirmation of registration will be sent by email.

WAIVER

In consideration of the applicant's participation in the Vancouver Thunderbirds Track & Sports Camp activities, the applicant, parents, heirs, executors, administrators, successors and assigns hereby release, waiver and forever discharge the Vancouver Thunderbirds Track Club, BC Athletics, Vancouver School Board (VSB) and all sponsor organizations, elected and appointed officials, successors and assigns of and from all claims, demands, damages, costs, expenses, actions and cases of actions resulting from any accident or loss however caused. In the event that the applicant is incapacitated, or the applicant is a child, I hereby give you permission to seek out medical assistance the applicant may require while attending camp. In signing the application, the applicant acknowledges that he/she has read and understands the condition and certifies that participant is in good physical and mental health. The applicant acknowledges and agrees that the Vancouver Thunderbirds Track Club reserves the sole and exclusive right to use any pictures or videos taken during the program for advertising and/or instructional purposes, without cost or charge to the Vancouver Thunderbirds Track Club, and the applicant consents to photographs or videos being taken for the purposes herein.

Signature of parent or guardian

Date

www.thunderbirdstrack.org



2014 Summer Track & Sports Camp



July 14-18, 2014
July 21-25, 2014

**Point Grey Secondary School Track
5350 East Boulevard, Vancouver, BC
Monday – Friday 9:00am – 4:00pm
For children ages 8 – 13**



To register call Derrick at:
(604) 764-7294

Email at:
derrick@thunderbirdstrack.org

Vancouver Thunderbirds Track Club

About the Club

The Thunderbirds started as a community based, grass roots track and field club and has evolved into one of the largest and most well respected track organizations in the country. Founded in 1999, our objective is to provide high quality coaching for athletes from Junior Development through to elite levels. Our athletes excel on an international stage, representing the Thunderbirds at the Olympics, World University Games, Pan American Junior Championships, NACAC (North American Central Caribbean Championships), Francophone Games, the World Junior Championships, and the World Youth Championships.

Training for Other Sports

Our programs offer structured training that will help any athlete improve. Some of our past and current athletes are involved in swimming,



rugby, soccer, and triathlon at the national and international level. We help improve elite athletes across all sports.

Elementary Program

The primary goal of the Thunderbird Junior Development Program is for athletes to learn movement skills through various track and field events in a setting that fosters improvement and FUN!



What to Expect each day

Mornings

Mornings will be spent learning the basics of Track & Field inside the track at Point Grey Secondary School Track.

- Sprints: 100 – 400 meter training using sprint drill, strength development and starting blocks.
- Middle Distance: 800 meters.
- Jumps: High Jump and Long Jump will be emphasized.
- Relays: team building and baton handoffs.
- Throws: Shot Put, Discus and Javelin.
- All event disciplines will be taught in a fun and safe environment.

Afternoons

Afternoons will consist of learning and playing different team sports that compliment the track and field skills being taught throughout the week.

Lunch

Each child should bring a lunch and snacks to camp each day. Water is always available. Please respect that we are a **“Peanut Free Environment”**

Inclement Weather

This camp will go on, rain or shine, so it is advisable that each child brings a towel and a rain jacket.

Swimming Days

Twice during the week, we will head to the local community pool where campers will be able to work on their cardiovascular conditioning. Campers should bring a bathing suit and towel. Swimming goggles are optional. Weather permitting.

REGISTRATION

Cost

- Full Day \$300.00
- Mornings only \$150.00

Camp Weeks

- July 14-18 9:00am – 4:00pm
- July 21-25 9:00am – 4:00pm

Total: \$ _____

PLEASE MAKE CHEQUES PAYABLE TO:

VANCOUVER THUNDERBIRDS TRACK CLUB

Please mail registration to:

408-5928 Birney Ave. Vancouver, BC V6S 0B5

Child's name: _____ Age: _____ M / F

T-Shirt size: YS YM YL YXL AS AM AL

Address: _____

City: _____ Postal Code: _____

Health Card #:

Birthdate: DD / MM / YYYY

Parents name: _____

Home Phone: _____

Emergency contact:

Phone: _____

Email: _____

Work phone: _____

METHOD OF PAYMENT (circle)

Cheque Money Order Cash

PLEASE REMEMBER TO SIGN THE WAIVER ON THE BACK