



TRACK & FIELD CAMP SUMMER 2017

Sponsored by the Ridgewood
Community School

CAMP INFORMATION

Racefaster Track and Field programs are a great way to introduce your kids to the sport of running. The fun, low pressure environment provided by our coaches is the perfect way for kids at any level to learn an appreciation for running. Racefaster is a US Track and Field Team with opportunities for athletes to continue on to competitions.

PROGRAM BENEFITS

Get expert instruction in many aspects of Track & Field. Activities will include Sprinting, Distance Running, Long Jump, Javelin, High Jump, Discus and much more. The program will build self-esteem & teamwork and will improve physical fitness.



GENERAL CAMP INFO

Grades: This camp is for students who have completed grades K-8

Dates: Course # 950, June 26-30
Course # 951, July 3 & 5-7
Course # 952, July 10-14
Course # 953, July 17-21
Course # 954, July 24-28
Course # 955, July 31-Aug 4

Location: Benjamin Franklin Middle
School Track

Time: 9 am- 3 pm

COST

Course # 950, 952, 953, 954 & 955
\$200 per student per week

Course #951
\$160 per student

TYPICAL DAY

- 9:00 Registration/settle in
- 9:30 Announcements & Stretching
- 10:00 Form Drills
- 10:15 Bounding & Dynamic Exercises
- 10:45 Running
- 11:30 Lunch – Camper should bring a bagged lunch each day
- 12:15 Instruction
- 1:00 Field Events
- 2:00 Games & Contests
- 3:00 Dismissal

WHAT TO BRING

Bring a bag lunch, snacks, water, sneakers, appropriate athletic clothing, a change of clothes and a towel.



ABOUT THE CAMP DIRECTORS



Racefaster coaches bring a wealth of experience and knowledge to the program. Our coaches have worked with all levels, from the beginners to the National

Champions. Our philosophy is to encourage kids to enjoy the sport, while fostering their love for running and developing their talent in a fun yet focused way. Our coaches will work on not only the running, form and efficiency, but they will also teach your kids field events, such as long jump, javelin, etc.

You have 5 easy ways to register:

1. Mail the registration form with your payment. CHECK OR CHARGE
2. In person registration at the RCS Office, Education Center, 1-4 pm, Monday through Friday. CHECK, CHARGE OR CASH
3. Phone it in, CHARGE ONLY, (201) 670-2777 1-4 pm, Monday through Friday
4. Fax it in, 24 hours a day, CHARGE ONLY, (201) 444-5565
5. Online registration CHARGE ONLY at <https://register.communitypass.net>

Please make checks payable to Ridgewood Community School and mail to 49 Cottage Place, Ridgewood, NJ 07450. Visa or Mastercard are accepted for charges.

RCS Withdrawal Policy

Tuition includes a non-refundable \$25 registration fee. Tuition must accompany registration. If RCS cancels the course, you will receive a full refund. If you need to withdraw your child from the class, you must submit your request in writing by 4 pm on June 9th. The tuition will be returned less the \$25 registration fee. If you withdraw your child from the class after June 9th, no refund will be given. Transportation is not provided.

Make check payable to RCS and mail to:		Summer 2017
PLEASE PRINT	Racefaster Camp 2017	Cash <input type="checkbox"/>
	RCS, 49 Cottage Place	Check <input type="checkbox"/>
	Ridgewood, NJ 07450	Credit Card <input type="checkbox"/>
Name _____		
	LAST	FIRST
Address _____		
Town _____ Zip _____		
School _____	Grade 09/17 _____	Age 9/17 _____
Phone 1 _____	Phone 2 _____	
Parent Name _____	Parent email _____	
COURSE TITLE <u>Racefaster Camp 2017</u> COURSE # _____ Fee \$ _____		
Credit Card # (VISA or MCARD) _____		
CVV _____	Expiration Date _____	