



# Northern Valley Track and Field Camp

The Old Tappan track and field program is proud to host its 5<sup>th</sup> co-ed youth track and field camp at Old Tappan High School on our brand new State of the Art track! The camp is designed to teach boys & girls the fundamentals of Track & Field, as well as flexibility, fitness, speed, and endurance for all sports. Campers will get an opportunity to develop skills in almost every event in the sport.

**WHEN: JULY 10th- JULY 13th (rain or shine)**

**TIME: 9AM-12NOON**

**WHERE: OLD TAPPAN TRACK and FIELD FACILITY**

**AGES: All BOYS and GIRLS Entering 2<sup>ND</sup> GRADE to 9<sup>TH</sup> GRADE**

- Campers should wear sneakers and should bring a sport drink or water
- For More information contact Peter Dunn at [dunnp@nvnet.org](mailto:dunnp@nvnet.org)

**Camp Director**

**Peter Dunn**- Head Track Coach Old Tappan HS/Asst. Football Coach.

**Coaches**- Current members of the track and field coaching staff as well as current and former members of the track and field program.

**Be a Part of the Boys and Girls Old Tappan Track Tradition**

<b>Boys Titles</b>	<b>Girls Titles</b>
<i>League</i>	<i>League:</i>
1985, 1986, 1987, 1988, 1989, 2001, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2014, 2015, 2016	1983, 1984, 1988, 1990, 1991, 1992, 1993, 2004, 2005, 2006, 2016, 2018
<i>Bergen County:</i>	<i>Bergen County:</i>
1988, 2003, 2012, 2015	1984, 1991, 2001, 2003, 2004, 2006
<i>State Sectional:</i>	<i>State Sectional:</i>
1988, 1989, 1994, 1995, 2012, 2014, 2015, 2016, 2018	1984, 1985, 2016, 2018
<i>State Group:</i>	
2015	



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**High Jump, Long Jump, Triple Jump, Shot Put, Pole Vault, Javelin, Hurdles,  
Discus, Sprints, and Relay races!**

**Compete in unique obstacle courses and fitness events every day!!**

**Improve SPEED, COORDINATION, and ENDURANCE FOR ALL SPORTS!!**

**Learn proper warm-up, stretching, and cool-down techniques!**

\*\*\*\*\*COMPLETE & MAIL REGISTRATION FORM\*\*\*\*\*

Name(s): \_\_\_\_\_ Grade(s) for Sept. 2018: \_\_\_\_\_

Gender m\_\_\_\_ f\_\_\_\_ email \_\_\_\_\_

Address: \_\_\_\_\_ Phone #: \_\_\_\_\_  
 \_\_\_\_\_ Emerg. Phone #: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Select T Shirt Size Youth Sizes Sm \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_

Adult Sizes Sm \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_

- **Cost : \$150.00**
- **Family Discount: \$10 off for each child if more than one child attends (2 kids=280)**
- **Total enclosed: \$\_\_\_\_\_ (Canceled check will serve as registration confirmation)**
- **All Campers will get a NV Track Camp T-Shirt**

Make checks payable to **Northern Valley Track & Field Camp** and mailed to:

**Northern Valley Track & Field Camp  
 380 Grove Street  
 Oradell, NJ 07649**

**Cancellation Policy:** A full refund will be granted up until July 10th. After that is a \$50.00 charge.

**Waiver & Release:** I hereby approve of my child's attendance at the Northern Valley Track 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:** \_\_\_\_\_