

# Jr-Vikes Track Camp



**WHO:**

**THIS CAMP IS FOR GIRLS AND BOYS GOING ENTERING THE 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, OR 8<sup>th</sup> GRADE**

**WHAT:**

**THIS CAMP WILL FOCUS ON MAKING YOU A FASTER RUNNER.**

**WHEN:**

**JUNE 17<sup>th</sup> THROUGH JUNE 20<sup>th</sup>..... FROM 10:00-11:30 AM**

**WHERE:**

**SEAMAN HIGH SCHOOL TRACK**

**WHY:**

**TO HAVE FUN AND ENJOY THE SPORT OF TRACK AND FIELD**

**HOW:**

**BY LEARNING SPEED DRILLS, HURDLING, RUNNING RELAYS, PLAYING GAMES AND RUNNING WORKOUTS.**

**HOW MUCH:**

**THE COST OF THE CAMP IS \$40.00.**



**THIS YEAR'S CAMP WILL BE DIRECTED BY RICK BRADING, SCOTT PETERSEN, AND LUKE WIENS... ALL ARE SEAMAN HIGH SCHOOL TRACK COACHES AND LIKE TO HAVE FUN WITH THE SPORT OF TRACK AND FIELD.**

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SEND REGISTRATION FORM AND \$40 CHECK TO:

RICK BRADING  
3421 N.W. KENDALL AVE.  
TOPEKA, KANSAS 66618

MAKE CHECK PAYABLE TO "JR-VIKES TRACK CAMP"

PLEASE PRE-REGISTER BEFORE JUNE 10<sup>th</sup>. (*REGISTRATION WILL ALSO BE ALLOWED ON JUNE 17<sup>th</sup>*)

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NAME \_\_\_\_\_ GRADE \_\_\_\_\_ (as of Aug. 2019)

ADDRESS \_\_\_\_\_ PHONE # \_\_\_\_\_

GENDER (BOY / GIRL)