

2019 (5 - Week) Lakers Track Summer Camp
(3-Week Minimum)



Grades: 4 – 9 (in fall 2019)

Program Leaders: Varsity Coaches Jeff Gallant and Erica Doyle

5-Week Total Fee: \$85 (5-week total fee of \$75 + \$10 non-refundable registration fee)

4-Week Total Fee: \$75 (4-week total fee of \$65 + \$10 non-refundable registration fee)

3-Week Total Fee: \$60 (3-week total of \$50 + \$10 non-refundable registration fee)

Time: 9:30 – 11:30 a.m. (Kids' Cafe is available before or after track camp)

Dates: Tuesdays and Thursdays starting July 16 through August 15 (**RAIN OR SHINE**)

Location: GRAIS Outside Main Entrance / **RAIN LOCATION:** Apponequet Gym

The track summer camp will provide participants with running specific training and experience to deepen their appreciation for this popular sport. Activities will include sprints and distance running at appropriate levels, mini-hurdles, relays, as well as regular shot put, regular long jump, and much more. Also, the FLMS runs a cross country program in the fall and this track summer program will be a good program to prepare students. Participants are asked to bring a water bottle, wear appropriate footwear and be prepared for some fun! All campers will receive a summer camp T-shirt, water refills, and freeze pops.

To receive a camp T-shirt, the \$10 non-refundable registration fee and form must be submitted by Friday, June 7, 2019.

Balance must be paid July 11, 2019.



Any questions, contact Diane Czapiga, Campus Programs Director, at (508) 923-2000, Ext. 1719 or e-mail: dczapiga@freelake.org.

Also, visit our website www.freelake.org, Parent & Community Tab, Campus Programs link for summer camp information.

Comm. Rec. Campus Programs online payment link: "[UNIPAY](#)" website

2019 SUMMER TRACK CAMP

(Please check which weeks you are attending) / _____ 3 weeks = \$60 / _____ 4 weeks = \$75 / or _____ 5 weeks = \$85

____ Week 1 (7/16 & 7/18) / ____ Week 2 (7/23 & 7/25) / ____ Week 3 (7/30 & 8/1) / ____ Week 4 (8/6 & 8/8) / ____ Week 5 (8/13 & 8/15)

Name: _____ Grade (in fall): _____ Online Payment: _____ or Check No. _____

Address: _____ Check Amount: _____

Telephone: _____ Emergency Contact and #: _____

E-Mail (print clearly): _____ Medical Conditions: _____

Attending Kids Café after camp at 11:30 (Please circle) YES OR NO / Attending Kids Café before Track Camp? YES or NO

I hereby release and save harmless the towns of Freetown and Lakeville, the Freetown – Lakeville Regional School Committee and the Freetown – Lakeville Regional School District any and all liability for any injuries, loss, or other claims arising out of or resulting from or incurred during the use of school facilities and property by the person or persons identified above. I agree, by my signature, to abide by the rules of fair play and good sportsmanship policies of the Campus Programs Department.

Parent / Guardian Signature: _____ Date: _____

Checks payable to FLRSD (Freetown-Lakeville Regional School District)

Return Form & Payment to school and write Diane Czapiga – 2019 Track Summer Camp on envelope

Or mail to: Diane Czapiga, Campus Programs Dept.

112 Howland Road, Lakeville, MA 02347

(Office Use Only) \$10 Registration Fee Paid (Date): _____ Check # _____

Camp paid in full (Date): _____ / Check # _____