

## Waiver (required)

We have been informed of the purpose of the CrossLife Community Church Track & Field Camp and I/we the parent(s) of the applicant do hereby give my/our approval to his/her participation in any and all activities. I/we shall hold harmless, indemnify, and defend the Howard County Board of Education and its agents, CrossLife Community Church, and its camp staff of any liability action or claim which may arise as a result of my/our child's use of the Howard High stadium and track.

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_

My child has accident insurance.

Company \_\_\_\_\_

Policy # \_\_\_\_\_

### Precautions / Special Notes

Medical problems, medication, or any information we should know in case of an emergency:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Picture/Video Waiver

I realize for promotional purposes my child may be videoed and photographed.

Parent Signature \_\_\_\_\_

## Price \$50.00

(includes t-shirt)

(\$45.00 for each additional child in your family)

**Scholarships available upon request**

Return registration and payment to:  
CrossLife Community Church  
Track & Field Camp  
P.O. Box 8080  
Elkridge, MD 21075

Please register by  
June 4th

\$10 LATE FEE PER CHILD  
AFTER June 4th

Due to advanced purchases  
based on registration, no  
refunds will be given after  
June 14th

#### Camper's Reminders

Your child should bring:

- ..... Running Shoes
- ..... Athletic Socks
- ..... Running Shorts
- ..... Extra T-shirt
- ..... Beach Towel
- ..... Good Attitude

Please do not bring food to camp!  
We will provide plenty of water,  
sports drink, and fruit to keep  
the campers safe and happy.

Thanks,

The Camp Staff

## Track & Field



## Camp 2010

high jump, discus, javelin, long  
jump, shot put, sprints, and  
distance running

June 28 - July 2  
9:00 a.m. to 12 Noon

Ages 6-13 years

Howard High School  
Columbia, MD  
(Pending Approval)

Sponsored by  
CrossLife Community Church  
P.O. Box 8080  
Elkridge, MD 21075  
Phone: 410-960-6301  
Web: [crosslifeonline.com](http://crosslifeonline.com)

Email: [michelle@crosslifeonline.com](mailto:michelle@crosslifeonline.com)

With help from New Life Community Church

[www.GetaNewLife.org](http://www.GetaNewLife.org)

## What is Track and Field Camp?

Our camp is designed with three main objectives in mind:

### FUN

We want your kids to have fun interacting with other kids their age. We'll divide into groups by age and gender to get your child involved in a little healthy competition. We'll be holding time trials at the beginning of the week and a track meet at the end of the week. There will be awards for everyone who participates. Each age group will have an adult counselor for instruction and supervision as well as a teenage helper.



### FITNESS

#### Physical and Spiritual

Running is great exercise. We want to help your kids with physical and spiritual fitness. The activities we'll do will require lots of running. Your kids will have a great time while getting physically fit. Each day we'll also have a moral and spiritual lesson from the Bible relating to character building taught by the group leaders, camp staffers, or from an athlete.



### TRACK AND FIELD

Introduce your child to one of the oldest and purest sports of all: Track and Field. Each day we'll devote time to teaching the campers the different events in track and field. We've invited athlete and coaches from schools on the east coast to come and share their track experiences and give the kids tips on running techniques.



## Meet Some of Our Camp Staff

### Rick Biniak

Ran cross country and track and field at the University of Maryland Baltimore County. During his time there he set school records at distances ranging from 880 yards to a mile. In 1977 he was named to the All-Mason Dixon Conference Team for cross country. He also participated in the following field events in college: high jump, javelin, shot put and the steeple chase. Rick currently lives in Catonsville and owns an investment advisory firm, RLMS Business Consultants.

### Rick Oursler

Rick is currently a Physical Education teacher for Howard High School, field hockey coach, and has coached track & field. Rick is also the pastor of Wesley Chapel United Methodist Church in Jessup. Rick has a diverse background that will bring a lot of valuable experience to the campers.



### Daily Program

9:00– 9:30 Small Group Time

9:30-9:45 Stretching and Calisthenics

9:45-11:20 Age Group Activities

11:30-12:00 Large Group Time

12:00 Dismissal

## Registration Form

Please complete one registration form per child

Name: \_\_\_\_\_

Age \_\_\_\_\_ (as of June 28, 2010)

Gender: Male or Female (circle one)



Child's Address:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Home Phone: \_\_\_\_\_

Name of Parent or Guardian:

\_\_\_\_\_

Email: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Emergency contact (if different from parent or guardian):

\_\_\_\_\_

(relation to the child): \_\_\_\_\_

Phone: \_\_\_\_\_

### Child's T-shirt size– check one (youth t-shirt)

\_\_\_\_ x-small    \_\_\_ small    \_\_\_ medium

\_\_\_ large    \_\_\_ x-large (adult small)

Adult T-shirt    \_\_\_ medium    \_\_\_ large



Track Meet and Family Picnic

Friday Night Track Meet 5:30-8:30 p.m.

How many Chick-fil-A sandwiches would your family like to purchase? Special price information forthcoming!

Order \_\_\_\_\_ sandwiches!

This is a preliminary order count. Final order forms will be distributed the second day of camp and due by noon on Thursday.