

Permission Form

I understand that my child will receive instruction in the basic principles of Track & Field and will spend significant time performing various drills and techniques under the supervision of experienced instructors. With this form, I give consent for my child to Participate. I recognize that participation in recreational and instructional activities, even when well supervised and managed, pose a risk of physical injury. I agree to assume such a risk on behalf of my child.

Parent/Guardian Name (Please Print)

Parent/Guardian Name (Please Sign)

Release of Liability

I, the undersigned, hereby agree to indemnify and hold Homewood-Flossmoor High School free from liability for any medical and/or accident expenses which my minor child may incur during involvement in the Boys & girls Track & Field Camp held at Homewood-Flossmoor High School. I hereby certify that my child is provided coverage via personal health and accident insurance, which is sufficient to cover any and all of the expenses, noted above, which might occur.

Parent/Guardian Name (Please Print)

Parent/Guardian Name (Please Sign)

CAMP COACHES

The Homewood-Flossmoor Track Camp staff is comprised of the Head Varsity Girls' Track Coach and former and current H-F track athletes. Each member of the staff is committed to creating an environment where campers can learn a great deal about the sport and have fun doing it.

Rob Assise — Coach Assise has been with the H-F Girls' Track program for 6 years (3 as an assistant, and the past 3 as head coach). Prior to teaching/coaching, he competed at the collegiate level in track and field in the sprint, jump, hurdle, and throwing events, giving him a variety of experience in speed improvement, and in each area of track and field. Coach Assise is also USATF Level I certified.

Coach: Rob Assise

Phone: 708-799-3000 x5861

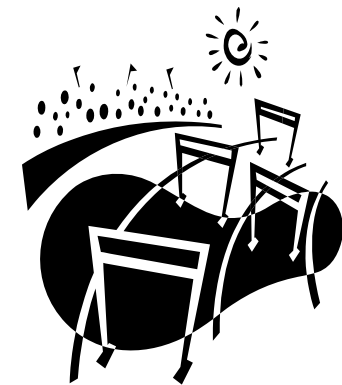
Email: rassise@hfhighschool.org

HOMEWOOD-FLOSSMOOR HIGH SCHOOL
999 KEDZIE AVE.
FLOSSMOOR, IL 60422-2299

HOMEWOOD-FLOSSMOOR
HIGH SCHOOL



**BOYS & GIRLS
TRACK & FIELD**



Summer 2009

Vikings Track and Field
21-Time Conference Champions
7-Time Sectional Champions
9-Time Top 10 in State

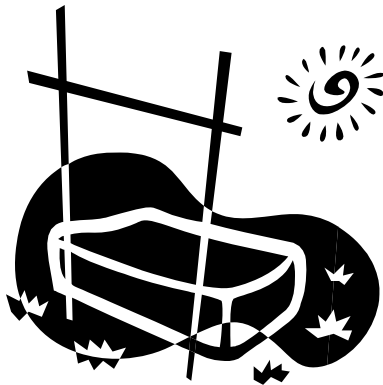
CAMP GOALS

The camp provides participants with an introduction to the different areas of track and field. Opportunities for instruction in all events except pole vault will be available.

The camp will stress the fundamentals of the sport. A huge emphasis will be put on proper form and technique in the different events.

Opportunities for different types of competition will exist throughout the course of the camp.

All athletes should bring running shoes and water.



CAMP DATES

Session A

Participants: K — 9th grade
 Dates: July 6, 7, 8, 9, 10
 Time: 9am — 10:50am
 Location: Stadium Track
 Price: \$50.00

Session B

Participants: K — 9th grade
 Dates: July 13, 14, 15, 16, 17
 Time: 9am — 10:50am
 Location: Stadium Track
 Price: \$50.00

Session C

Participants: K — 9th grade
 Dates: July 6, 7, 8, 9, 10, 13, 14, 15, 16, 17
 Time: 9am — 10:50am
 Location: Stadium Track
 Price: \$100.00



Track Registration

Sign up for:	Session	Price
<input type="checkbox"/> Grades K — 9th	A	\$50.00
<input type="checkbox"/> Grades K — 9th	B	\$50.00
<input type="checkbox"/> Grades K — 9th	C	\$100.00
	Total:	_____

There is a discount for families with multiple athletes.

Method of Payment

- Cash
- Check Payable to HFHS

Athlete's Name

Address

Home Phone

Cell Phone

Parent's/Guardian's Name

Work Phone

Cell Phone

T-Shirt Size

- Small
- Medium
- Large
- X-Large
- XX-Large
- XXX-Large

After completing both sides, place the registration form and payment in an envelope addressed to Coach Assise and drop it off at the H-F Athletic Office.