

Sacred Heart-Griffin's 2023 Hurdle Camp

(Rain or Shine)

Open to Student Athletes entering grade 6 through college.
No Experience Necessary

June 5th -8th, June 12th -15th, June 19th – 22nd

Cost: \$80 per Session
Max. 8 athletes per Session

Go from Good to GREAT with a certified and experienced Coach!
Co-ed Junior Hurdle Camp

(Grade 6 through 8th)

Session One: 11:00 to 12:00 June 5th -8th

Session Two: 11:00 to 12:00 June 12th -15th

Session Three: 11:00 to 12:00 June 19th – 22nd

Co-ed Senior Hurdle Camp

(High School and College only)

Session One: 12:00 to 1:00 June 5th -8th

Session Two: 12:00 to 1:00 June 12th -15th

Session Three: 12:00 to 1:00 June 19th – 22nd



Sacred Heart-Griffin's Hurdle Camp Registration Form

Registration Deadline: Friday, June 2, 2023
SPACE IS EXTREMELY LIMITED

Check sessions for **Junior Hurdle Camp**: one ___ two ___ three ___

Check sessions for **Senior Hurdle Camp**: one ___ two ___ three ___

Students Name: _____

Grade: _____ School: _____

Address: _____ Phone/Cell: _____

E-mail Address: _____ Amt. paid: _____

I give permission for my student's name and picture to appear in the newspaper, marketing pamphlets and school publications. ___ yes ___ no

I, the parent/legal guardian of the named applicant, hereby authorize the camp director to procure, obtain, and/or provide medical care or treatment, including the selection of a medial doctor or facility if I cannot be reached for consent. I agree that I shall solely be responsible for any and all medical bills incurred as a result of illness, injury or accident while the named applicant is participating in the Sacred Heart-Griffin Track Camps. I hereby release Sacred Heart-Griffin, the Camp Director and helpers for all claims resulting from illness or injury sustained by the applicant while participating in the camp. I agree and consent to the enforcement of the camp and facility rules.

Parent's Signature: _____ Date: _____

Mail the application with check for \$80 per camper per session to:

SHG Track, Atten: Jacki Ralph

1200 W. Washington, Springfield, IL 62702

Please call, text or email if you have any questions.

217-741-0369 or ralphkids@aol.com

Recommendation: Sign up for at least two sessions for full benefit. Training sessions will be held at the SHG Outdoor Track and indoors at West Campus if it rains. The program provides instructions to beginners as well as experienced athletes. Advanced training will be given to advanced runners. The intent of this program is to prepare the athlete with the fundamental skills that will allow them to go from good to great! Experienced athletes will be able to go to the next level!