

## Sacred Heart-Griffin's 2026 Hurdle Camp

(Rain or Shine)

Open to Student Athletes entering grade 6 through college.

*No Experience Necessary*

**June 1st -4th, June 8th -11th, June 15th– 18th**

**Cost: \$90 per Session OR \$250 for all three weeks**

Max. 14 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 1st -4th

Session Two: 11:00 to 12:00 June 8th -11th

Session Three: 11:00 to 12:00 June 15th – 18th

### Co-ed Senior Hurdle Camp

(High School and College only)

Session One: 12:00 to 1:00 June 1<sup>st</sup> -4th

Session Two: 12:00 to 1:00 June 8th -11th

Session Three: 12:00 to 1:00 June 15th – 18th



*Registration Deadline: Friday, May 29, 2026*

**SPACE IS LIMITED**

## Sacred Heart-Griffin's Hurdle Camp Registration Form

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 \_\_\_\_\_ Amt. paid: \_\_\_\_\_

I give permission for my students' 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 \$90 per camper per session OR  
\$250 for all three weeks 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](mailto: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 for 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!