

SHG

HURDLE CAMP 2022



JUNE 13-16 • JUNE 20-23 • JUNE 28-31

11am-12pm
Jr. High Athletes

12pm-1pm
High School/College Athletes

\$80/week
OR
\$20/lesson

Classes will be extremely limited to just 8 athletes per day per time frame. Spots are reserved on a first come, first serve basis, and we anticipate classes to fill quickly.

RECOMMENDATION: Sign up for at least two sessions for full benefit.

Training sessions will be held at the SHG Outdoor Track. Sessions will be cancelled if there is inclement weather. 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!

NOTES: You must bring your signed registration form to your first lesson to be allowed to participate. You may also mail your form in ahead of time to:

Jacki Ralph
1513 S. Lowell Ave
Springfield, IL. 62704

For online registration and payment options, please visit www.shg.org and click on Sports Camps.



HURDLE CAMP 2022

REGISTRATION FORM

PARTICIPANT NAME: _____

GRADE (in which he/she will be entering in the Fall) _____

SCHOOL: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

PHONE/CELL: _____

PARENT EMAIL: _____

*I give permission for my student's name and picture to appear in the newspaper, marketing pamphlets and school publications. **yes / no** (circle one)*

DATES: *Select all sessions that your athlete will be attending.*

JUNE 13-16 _____ JUNE 20-23 _____ JUNE 28-31 _____

TIME SLOTS:

JR. HIGH STUDENT 11am-12pm _____ HIGH SCHOOL/ COLLEGE STUDENT 12pm-1pm _____

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

PARENT SIGNATURE: _____ **DATE:** _____