

# Grizzly Track Camp



The Grizzly Track Camp is a two-week program designed to initiate the beginning middle and high school track athlete into the various events of track & field.

The camp will consist of a warm-up period followed by a variety of sessions of which the participant may choose one each day. Areas covered will be the sprints, distance events, throws, jumps, hurdles and pole vault.

There are 10 weekday sessions from 3:30–5:00 beginning Monday, January 24<sup>th</sup> and concluding Friday, February 4<sup>th</sup>. The camp will be held at the California High School track, and will be taught by the staff and members of the school's track team.

The cost of the camp is \$95, which includes a camp t-shirt.

For more information, please contact Mark Karbo at (925) 551-8224 or by e-mail at [mkarbo@srvusd.net](mailto:mkarbo@srvusd.net)

Participant's Name: \_\_\_\_\_

Shirt Size (adult): S M L XL

Please indicate which sessions you are likely to attend, you may change your mind at any time during the camp:  
(check all that apply)

- Sprint Training (all days)
- Distance Training (all days)
- Hurdles (Mondays)
- Long & Triple Jump (Wednesdays)
- Shot Put (Tues–Fri 1<sup>st</sup> week)
- Discus (Tues–Fri 2<sup>nd</sup> week)
- High Jump (Thursday 1<sup>st</sup> week)
- Pole Vault (Thursday 2<sup>nd</sup> week)

Please complete the other side of this sheet and mail it with a check for \$95 made payable to CAL HIGH TRACK to:

Cal High Track Team  
Attn: Mark Karbo  
9870 Broadmoor Drive  
San Ramon, CA 94583

**Deadline for registration is Friday, January 21, 2011**



# San Ramon Valley Unified School District

699 Old Orchard Drive

Danville, CA 94526

## PARENT/STUDENT CONSENT AND WAIVER OF LIABILITY

STUDENT NAME: \_\_\_\_\_

SCHOOL: \_\_\_\_\_

GRADE: \_\_\_\_\_ AGE: \_\_\_\_\_

ACTIVITY/SPORT: **Grizzly Track Camp**

I hereby give my consent for the above named student to compete and participate in the San Ramon Valley Unified School District approved activity program referenced above and to travel with the school representative on authorized school trips, if applicable. I, the undersigned, hereby release and discharge the San Ramon Valley Unified School District, officers, employers, agents, servants and volunteers (herein collectively referred to as 'District') from all liability arising out of or in connection with the above described activity or all liabilities associated with any and all claims related to such activity that may be filed on behalf of or for the above named minor. For the purposes of this agreement, liability means all claims, demands, losses, causes of action, suits or judgments of any and every kind that occurs during the above described activity and that results from any cause including the active or passive conduct and/or negligence of the District.

I also acknowledge on my behalf and on the behalf of the above named minor that there are risks that are inherent in the above-described activity, including the risk of serious injury that may occur through the conduct of other participants, coaches, District, including conduct that may not be part of the ordinary risks of the activity itself. For example, injury may occur through conduct that is not authorized by the rules and regulations of the activity. This release and waiver as set forth in the above paragraph shall also apply to this type of conduct and any resulting injury.

**I have carefully read this waiver and release of liability and fully understand its terms and condition and understand that by signing this document that I have given up substantial rights for the named minor and myself.**

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Print Name

\_\_\_\_\_  
Participants Signature

\_\_\_\_\_  
Date