

# TRACK & FIELD AND CROSS COUNTRY SUMMER CAMP

The coaches and athletes of the Onondaga and LaFayette track & cross country teams will be holding a camp at the start of the summer. Students will get to learn the fundamentals of the field events such as long and triple jump, discus, shot put, and high jump. They will learn how to hand off a baton and use starting blocks. Those interested in running longer distances will be able to run the OCS cross country loop with some of the more experienced runners on the high school cross country teams. The week will culminate with a track meet on the last day of the camp. (Please note: if we have inclement weather, we will go inside to the hs. The make-up date for Thursday will be the next day, June 30.)

**When:** June 26-29 from 8:30-11:30 am (early drop off is 8:00 am; late pick-up by noon)

**Where:** Onondaga HS track

**Who:** students who will be in grades 5, 6, 7 and 8 next school year (2023-24)

**Cost:** \$15 to cover the cost of a t-shirt

**What should I bring:** students will need a good pair of running shoes, a water bottle, and a healthy snack.

If you have any questions, feel free to contact Bill O'Leary at [boleary@lafayetteschools.org](mailto:boleary@lafayetteschools.org)

CHILD'S NAME \_\_\_\_\_

GRADE/DISTRICT \_\_\_\_\_

ALLERGIES/MEDICATIONS \_\_\_\_\_

EMERGENCY CONTACT \_\_\_\_\_ PHONE NUMBER \_\_\_\_\_

PARENT/GUARDIAN EMAIL \_\_\_\_\_

CIRCLE SHIRT SIZE: Youth Small Youth Medium Youth Large Adult Small Adult Medium Adult Large

**PLEASE RETURN FORM W/ PAYMENT CASH OR CHECK (OCS Booster Club) to:**

at *Wheeler Elementary School* - Jesse Behm (PE teacher)

at *OCS High School* - Athletic Office located in the Main Office

at *Grimshaw Elementary School* - Bill O'Leary (School Counselor)

at *LaFayette High School* - Sean Zehner (7th grade Science teacher)

at *ONS* - Jeff Capella (Tech teacher)



**DEADLINE TO REGISTER IS JUNE 15**