



# Warrior Track & Field Camp

**JUNE 12-14, 2023**

**1:00 PM-3:00 PM**

**Location: On the Track behind Heritage Elementary**

The Warrior Track & Field camp will emphasize skill and technique development in the different areas of track and field. All drills that will be used are consistent with the Warrior HS Track & Field Program.

- Instruction will be provided by Jen Grabarski, Head Track & Field Coach, Assistant Coaches and Warrior Track & Field Athletes.
- Campers will receive both individual and small group instruction.
- Each day will consist of a warm-up, stretching, technique work and cool down.
- The different event areas that will be covered include:

Sprints    Distance    Hurdles    Discus  
High Jump    Long Jump    Shot put    relays

*\*Due to the High School track renovations we will not have access to the stadium. This camp will be introductory for the different events and will have to be modified from the typical camp and track meet. Please note it is shortened to a 3 day camp.*

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## REGISTRATION FORM

NAME: \_\_\_\_\_ Male /  
Female (circle one)

GRADE NEXT FALL: 3    4    5    6    7    8    AGE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE :(home/work/cell) \_\_\_\_\_

Email Address \_\_\_\_\_ (for pre-camp information)

T-Shirt Size    S    M    L    XL (Youth sizes)    S    M    L    XL (Adult sizes)    Please  
circle one

Make Checks Payable to **Warrior Track & Field Camp** (Cost is \$60/student)

Mail Registration Form with Check by June 1st, 2023 to:  
**Warrior Track & Field Camp**  
**6724 Kopp Rd.**  
**Waunakee, WI 53597**