Cougar Track and Field Camp



May 26th- May 27th, 2026

Put on by Coach Jen Crago, other Track Coaches and volunteers

This camp is designed to teach fundamentals to upcoming 4th-8th grade boys and girls interested in participating in Track and Field. There will be emphasis on individual training combined with team concepts. The camp will be focused on most of the events in Track and Field. Skills will be reinforced through introduction to each event and repetition of the events. Please fill out the following form and turn it in by **Friday, May 15th.** This will give us time to get ready for Camp.

We look forward to seeing you at Track Camp this year!

Camp Times: 9:00am - 10:30am May 26th thru May 27th

____ ____ ____ ____ ____ ____ ____

Name _____

This coming year's grade_____

Address_____

City_____

Phone Number_____

T Shirt Size _____ (no t-shirt guaranteed if turned in after due date)

Yes, my child's picture can be in the paper _____ (sign)

Areas of Interest (please circle 3 events you are interested in)

Sprints Hurdles Mid-Distance Discus Pole Vault

Shot Put High Jump Long Jump Triple Jump

Track and Field Camp Cost: $50 Deadline: Friday, May 15th

Bring to: Columbus Elementary Attn: Jen Crago

(make checks out to: Columbus Track and Field)

The following must be signed by a parent or legal guardian for registration to be accepted:

I hereby authorize the staff of the Columbus Track and Field Camp to act accordingly to their best judgement in an emergency requiring medical attention. I, for myself and my child, hereby release Columbus Public Schools and coaching staff from all liability, claims or causes of action from the illness, injury, or death of my child resulting from or incurred during attendance at the camp. I acknowledge that Columbus Public Schools and the camp do not provide insurance for the camp's participants.

Parent/Guardian Signature_____Date_____