

2009 NELSON TRACK AND FIELD CAMP

WHAT: Athletics Nelson head coach Greg Lautenslager invites all athletes, **ages 13-17**, to attend a camp that promises to be inspirational, educational, and downright fun. The Nelson Track and Field Camp is held every three years and this year's camp, with its wonderful setting and motivational format, promises to be the best ever.

WHERE: Totaranui. Athletes and staff will stay in the newly refurbished Ngarata Homestead, just up the road from the beach. The Homestead is surrounded by large fields and heaps of rolling trails that meander through forests and look out over spectacular scenery – perhaps the best in the world.

WHEN: Friday, October 16 – Sunday, October 18. Athletes will leave Nelson at 3:30 pm on Friday and return about the same time on Sunday.

WHO: Athletes, beginner and experienced, are encouraged to attend. They will receive instructional and motivational talks from Athletics Nelson's coaches. There also will be a panel discussion that will include several of the club's national champion athletes.

COST: \$79 (Includes two breakfasts, two dinners, and a barbecue lunch)
Or \$20 for those coming only for the Saturday (lunch included)
Fees are due by **October 12**, Camp is limited to **30** athletes.

Format: Friday – Dinner and a highly inspirational film
Saturday – Breakfast, motivational talk, run and/or instructional workout, barbecue lunch, panel discussion, free time, dinner, group activity, marshmallow roast at beach
Sunday - Breakfast, instructional talk, light workout, depart

Bring: Sleeping bag or bedding, pillow, towel, water bottle, snacks, togs, warm clothes, snacks, workout gear, etc.

Transport: \$20 Departure time 3:30 pm from Nelson College for Girls gym, Nelson College, Stoke Library, Waimea College bus bay.

For more information: Call (03) 547-5514

Name _____ DOB _____ Sex _____ School _____ Year _____

Address _____ Home Phone: (_) _____ e-mail _____

Parent or Guardian _____ Work Phone (_) _____

In registering for the 2009 Nelson Track and Field Camp, I/We assume all risks and hazards incidental to participation in the camp. I/We waive and release any right and claims for damages I/We may have against the organizers, sponsors, supervisors or Athletics Nelson or the Camp Director. I/We promise to follow all guidelines and safety instructions set forth by the camp staff and understand that I/We are responsible for all damages I/We have incurred to, during, and from the camp in Totaranui.

Athlete signature _____ Date _____

Parent/Guardian signature _____ Date _____

Camp \$79 _____, Transport \$20 _____, Day Camp only \$20 _____. Total _____

Make cheques payable to Greg Lautenslager's Training Group, and send to:
Greg Lautenslager, 33 Panorama Drive, Enner Glynn, Nelson 7011