



Northern Valley Track and Field Camp

The Old Tappan track and field program is proud to host its 4th co-ed youth track and field camp at Old Tappan High School on our brand new State of the Art track! The camp is designed to teach boys & girls the fundamentals of Track & Field, as well as flexibility, fitness, speed, and endurance for all sports. Campers will get an opportunity to develop skills in almost every event in the sport.

WHEN: JULY 17- JULY 20 (rain or shine)

TIME: 9AM-12NOON

WHERE: OLD TAPPAN TRACK and FIELD FACILITY

AGES: All BOYS and GIRLS 2ND GRADE to 9TH GRADE

- Campers should wear sneakers and should bring a sport drink or water bottle.
- For More information contact Peter Dunn at dunnp@nvnet.org

Camp Director

Peter Dunn- Head Track Coach Old Tappan HS/Asst. Football Coach.

Coaches- Current members of the track and field coaching staff as well as current and former members of the track and field program.

Be a Part of the Boys and Girls Old Tappan Track Tradition

Boys Titles	Girls Titles
<i>League</i>	<i>League:</i>
1985, 1986, 1987, 1988, 1989, 2001, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2014, 2015, 2016	1983, 1984, 1988, 1990, 1991, 1992, 1993, 2004, 2005, 2006, 2016
<i>Bergen County:</i>	<i>Bergen County:</i>
1988, 2003, 2012, 2015	1984, 1991, 2001, 2003, 2004, 2006
<i>State Sectional:</i>	<i>State Sectional:</i>
1988, 1989, 1994, 1995, 2012, 2014, 2015, 2016	1984, 1985, 2016
<i>State Group:</i>	
2015	



Northern Valley Track and Field Camp

**High Jump, Long Jump, Triple Jump, Shot Put, Pole Vault, Javelin, Hurdles,
Discus, Sprints, and Relay races!**

Compete in unique obstacle courses and fitness events every day!!

Improve SPEED, COORDINATION, and ENDURANCE FOR ALL SPORTS!!

Learn proper warm-up, stretching, and cool-down techniques!

*****COMPLETE & MAIL REGISTRATION FORM*****

Name(s): _____ Grade(s) for Sept. 2017: _____

Gender m____ f____ email _____

Address: _____ Phone #: _____
 _____ Emerg. Phone #: _____

Parent/Guardian Name: _____

Select T Shirt Size Youth Sizes Sm ___ M ___ L ___ XL ___

Adult Sizes Sm ___ M ___ L ___ XL ___

- **Cost : \$140.00**
- **Family Discount: \$10 off for each child if more than one child attends**
- **Total enclosed: \$_____ (Canceled check will serve as registration confirmation)**
- **All Campers will get a NV Track Camp T-Shirt**

Make checks payable to **Northern Valley Track & Field Camp** and mailed to:

**Northern Valley Track & Field Camp
 380 Grove Street
 Oradell, NJ 07649**

Cancellation Policy: A full refund will be granted up until July 21stth. After that a \$50.00 charge will applied.

Waiver & Release: I hereby approve of my child's attendance at the Northern Valley Track Camp LLC, and certify that he/she is in good health and able to participate in the program and in all activities. Further, we do hereby waive, release and forever discharge this organization, its staff, representatives, and employees from any claims for damages ensuing from accident, injury to person or loss of personal property during this event, as well as participation in activities or arising from travel to facility. We also authorize the Director and staff to act for me accordingly in their best judgment in any emergency requiring medical attention.

Signature of Parent/Guardian: _____