

2019 LLANO HILL COUNTRY TRACK AND FIELD/DISTANCE CAMP

TWENTY-SIX YEARS STRAIGHT (FOURTEEN OF THOSE YEARS IN LLANO) FOR AT LEAST A ONE WEEKEND HILL COUNTRY TRACK AND FIELD CAMP TO BE HELD

DATES: FRIDAY, JUNE 21ST AND SATURDAY, JUNE 22ND

TRAINING OFFERED AT THE LLANO TRACK AND FIELD/DISTANCE CAMP:

DISTANCE TRAINING
HIGH JUMP
HORIZONTAL JUMPS (LONG JUMP AND TRIPLE JUMP)
HURDLES
POLE VAULT
SPEED DEVELOPMENT
THROWS (DISCUS AND SHOT PUT)

REGISTRATION AGE REQUIREMENT: 11-18 YEAR OLD

REGISTRATION FEE FOR LLANO I.S.D. RESIDENTS: \$30.00 FOR 1ST FAMILY MEMBER, \$20.00 FOR 2ND FAMILY MEMBER, \$10.00 FOR 3RD FAMILY MEMBER, NO CHARGE FOR ADDITIONAL FAMILY MEMBERS. REGISTRATION INCLUDES LUNCH EACH DAY AND ONE CAMP T-SHIRT.

CONTACT INFORMATION:

COACH AMY WITHROW / E-MAIL: awithrow@llanoisd.org / CELL #: (325) 370-3309

COACH STEVE GOLEMON / E-MAIL: jgolemon@llanoisd.org / CELL #: (830) 688-9627

INSTRUCTION PROVIDED BY:

ACTIVE AND RETIRED HIGH SCHOOL COACHES, AS WELL AS PERSONAL INSTRUCTORS, COLLEGE COACHES, AND HIGHLY SUCCESSFUL FORMER COLLEGE STUDENT-ATHLETES.

DAILY SESSION SCHEDULE:

7:15 - 8:20 a.m.	REGISTRATION/CHECK-IN/DAILY ORIENTATION	
8:30 - 9:20 a.m.	FRIDAY SESSION I	SATURDAY SESSION VII
9:30 - 10:20 a.m.	FRIDAY SESSION II	SATURDAY SESSION VIII
10:30 - 11:20 a.m.	FRIDAY SESSION III	SATURDAY SESSION IX
11:30 a.m. - 12:20 p.m.	FRIDAY SESSION IV	SATURDAY SESSION X
12:30 - 1:20 p.m.	FRIDAY LUNCH PROVIDED	SATURDAY LUNCH PROVIDED
1:30 - 2:20 p.m.	FRIDAY SESSION V	SATURDAY SESSION XI
2:30 - 3:20 p.m.	FRIDAY SESSION VI	SATURDAY SESSION XII

2019 LLANO HILL COUNTRY TRACK AND FIELD/DISTANCE CAMP REGISTRATION FORM

NAME OF LLANO HILL COUNTRY TRACK AND FIELD/DISTANCE CAMP STUDENT-ATHLETE (LAST NAME, FIRST NAME):

AGE OF THE STUDENT-ATHLETE: _____

T-SHIRT SIZE OF THE STUDENT-ATHLETE: _____

GRADE CLASSIFICATION OF THE STUDENT-ATHLETE FOR THE 2019-2020: _____

CONTACT INFORMATION:

MAILING ADDRESS –

STREET ADDRESS OR BOX NUMBER _____

CITY _____

STATE _____ ZIP CODE _____

PHONE NUMBER _____

E-MAIL _____

REGISTRATION FEE ENCLOSED (MAKE CHECKS OR MONEY ORDERS PAYABLE TO LLANO HIGH SCHOOL TRACK AND FIELD):

FULL REGISTRATION _____

OR DEPOSIT (1/2 OF THE FULL REGISTRATION) _____

HAND DELIVER REGISTRATIONS TO: COACH WITHROW OR COACH GOLEMON

OR MAIL REGISTRATIONS TO: COACH GOLEMON / LLANO HIGH SCHOOL / 2509 HIGHWAY 16 SOUTH / LLANO, TEXAS 78643

A SEPARATE REGISTRATION FORM MUST FILLED OUT FOR EACH FAMILY MEMBER THAT IS REGISTERING FOR THE LLANO HILL COUNTRY TRACK AND FIELD/DISTANCE CAMP