

THE "Optimist" TRACK CAMP 4 KIDS



Nothing compares to the excitement generated by young athletes participating to the best of their abilities. This is the 25th year for THE Optimist TRACK CAMP 4 KIDS so grab your sunscreen, energy and smiles for a fun filled day of track and field.

CLINIC SESSIONS

Run by some of the most experienced coaches in the area, clinics offer instruction in the Fundamental Movement Skills associated with a variety of events including Sprints, Hurdles, High Jump and Long Jump all contributing to the development of the overall Physical Literacy. Athletes are placed into groups by age and then rotate through a variety of sessions.

NOTE: MEET DETAILS ON ATTACHED PAGES

Athletes from the community, outside clubs or schools please fill out the attached registration forms with a cheque (payable to: Track Camp) or cash and deliver to:

Dianne Crossley @ Young Athletics Practices, Resurrection Secondary School, Kitchener, Tues or Thurs from 5-6:45pm

Or Mail to: Mary Jane Schlegel, 46 Tanglewood Ave, Kitchener, N2B 1S4

25th ANNUAL TC4K

When: June 1,, 2025

Registration: 9:00am-9:45am

Clinics: 9:45-Noon

Lunch: Noon-12:45 (provided)

Track Meet: 12:45-3:00pm

A RAIN OR SHINE EVENT!!

Where: Resurrection Secondary School, Kitchener, Ontario

Who: First 150 registrations between ages 5 – 14 yrs

Cost:

\$60 for a full day of activities

Includes: Clinics, T-Shirt, Meet, Lunch, Water

Or

\$30 for meet only