

BADGER JETS

SUMMER TRACK & FIELD PROGRAM

June 9-July 10, 2014

Program Director: Scott Nelson, Sprint/Relays & Hurdle Coach @ Mt. Horeb H.S. & former coach with the UW Badger Men's Track & Field Team. Scott has coached numerous Junior Olympic National medal winners & WIAA State medal winners.

- Open to boys and girls, current grades 5-12
- Location: Verona High School Track *Due to the Mt. Horeb H.S. Track being resurfaced this summer, the program is being moved to the Verona Area High School Track
- Practice days: Monday and Wednesday
- Practice times: 5:30pm-6:45pm
- Cost: \$195/athlete, two or more siblings signing up, take \$15 off per athlete
- Early Registration Deadline: Monday, June 2, 2014 (Fee after June 2: \$225)
- Specialized Coaching for:
 - Advanced Sprints, Hurdles, 400/800
 - Long Jump and Triple Jump
 - High Jump
- Improve your Speed, Strength, Event Skills and Running mechanics through technique training and video analysis
- Meets include local meets (which take place on Thursdays: 6/12, 6/19, 6/26 & 7/10) and USATF Junior Olympic series meets. Competing in meets is optional & additional cost
- For more information, contact Scott Nelson @ scottnelson@tds.net , or 608-829-1121

Registration Form

Athlete name _____ Parent Name(s) _____

Year born _____ School _____ Uniform top size: XS S M L XL

Address _____

Email (Parent) _____ Phone _____

Events interested in & Personal Bests _____

*Make check payable to: **Badger Jets**, detach form and mail to: Scott Nelson, 6602 Grand Teton Plaza, Ste. 180, Madison, WI 53719

I do hereby release and forever discharge, Scott Nelson, Badger Jets and the Verona Area School District and it's employees and representatives from any and all claims, demands, actions, causes of action, judgments, expenses, injuries to person(s) or property sustained or incurred in connection with, or as a result of my participation in the Badger Jets. I agree to hold Scott Nelson, Badger Jets and the Verona Area School District wholly harmless for any and all liability, loss, expense, or damage it may incur by virtue of allowing me to participate in the Badger Jets, to use its facilities, or to participate in its activities. I have read, understand and agree to the above waiver and release.

Participant name (print) _____ Participant signature _____ Date _____

Parent name (print) _____ Parent signature _____ Date _____