



TRACK & FIELD CAMP SUMMER 2024

Sponsored by the Ridgewood
Community School.

CAMP INFORMATION

Racefaster Track and Field programs are a great way to introduce your kids to the sport of running. The fun, low pressure environment provided by our coaches is the perfect way for kids at any level to learn an appreciation for running. Racefaster is a US Track and Field Team with opportunities for athletes to continue on to competitions.

PROGRAM BENEFITS

Get expert instruction in many aspects of Track & Field. Activities will include Sprinting, Distance Running, Long Jump, Javelin, High Jump, Discus and much more. The



program will build self-esteem & teamwork and will improve physical fitness.

GENERAL CAMP INFO

Grades: For students who have completed grades K-8

Dates: Course #951, June 24-June 28
Course #952, July 1- 3, July 5
Course #953, July 8-12
Course #954, July 15-19
Course #955, July 22-26
Course # 956, July 29-Aug 2

Location: BFMS Track

Time: 9 am- 3 pm

COST

\$275 per student per week, \$200 per student per week for week of July 5.

WHAT TO BRING

Bring a bag lunch, snacks, water, sneakers, appropriate athletic clothing, a change of clothes and a towel.

ABOUT THE CAMP DIRECTORS

Racefaster coaches bring a wealth of experience and knowledge to the program. Our coaches have worked with all levels, from the beginners to the National Champions. Our philosophy is to encourage kids to enjoy the sport, while fostering their love for running and developing their talent in a fun yet focused way. Our coaches will work on not only the running, form and efficiency, but they will also teach your kids field events, such as long jump, javelin, etc.

YOU HAVE 4 EASY WAYS TO REGISTER:

1. Mail the registration form with your payment.
2. Drop off at Education Center, by appointment
3. Phone it in (201) 670-2777
4. Online registration
<https://tinyurl.com/y9g5khze>

Please make checks payable to Ridgewood Community School and mail to 49 Cottage Place, Ridgewood, NJ 07450. Visa or Mastercard are accepted for charges.

RCS WITHDRAWAL

Tuition includes a non-refundable \$25 registration fee. Tuition must accompany registration. If RCS cancels the course, you will receive a full refund. If you need to withdraw your child from the class, you must submit your request in writing by 4 pm on June 10th. The tuition will be returned less the \$25 registration fee. If you withdraw your child from the class after June 10th, no refund will be given. Transportation is not provided.

Make check payable to RCS and mail to: PLEASE PRINT		Summer 2024
RCS, 49 Cottage Place Ridgewood, NJ 07450		Cash <input type="checkbox"/>
		Check <input type="checkbox"/>
		Credit Card <input type="checkbox"/>
Name _____	LAST FIRST	DOB _____
Address _____		
Town _____	Zip _____	School _____ Grade 9/24 _____
Phone 1 _____	Phone 2 _____	
Parent Name _____	email _____	
COURSE TITLE <u>Racefaster Camp 2024</u> COURSE # _____ Fee \$ _____		
Credit Card # (VISA or MCARD) _____		
CVV _____	Expiration Date _____	