

WHAT TO WEAR AND BRING

Everybody needs to bring a water bottle. We will have coolers filled with ice and water available, but you should have a water bottle that you can fill up there. Make sure to wear proper clothing. Athletic shorts and shirts (tank tops might be cooler) and correct running shoes. You might want to be sure that your shoes fit correctly and are broken in before camp starts to prevent blisters.



Mountain View High School

For more information contact:

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KEY POINTS DURING THE WEEK

- Great coaches to help with field events including high jump, long jump, and shot put.
- Learning the correct running form for sprinting and distance running.
- Shoe clinic – how to find the proper running shoe for your style and foot.
- Great counselors for each group of campers.
- Track meet on Saturday. We will put together both running and field events and go through a meet with the campers with awards at the end.
- Family Relay at the end of the meet which will include family members.

Mountain View High School

2022 Wildcats Track & Field Camp



Friday & Saturday
June 10 – June 11
5:00pm – 9:30pm
KG – 8th Grade

WILDCATS TRACK AND FIELD CAMP

We are excited to be hosting the first annual track & field camp for young children that have an interest in the sport. We hope to have a great turnout and believe that it will be a huge success. Each camper will have the opportunity to try out each event and also have the chance to focus on specific interests of their choice during the week. There will be many coaches involved that have a specialty in different areas of track & field. We will also have MV athletes working as counselors. On the last day we will conclude camp with a track meet for all campers.

DATE: Friday, June 10 – Saturday, June 11

TIME: 5:00 – 9:30pm

Have rides there no later than 9:30. Friday, 5:00 – 9:00pm, we will have the meet and on your way out be able to pick up your awards.

GRADES: KG – 8th grade. The camp is open to all athletes that will be entering school in the fall to those getting ready to enter 8th grade.

DIRECTIONS to the Track: The track is located to the left as you approach the entry to the high school. There will be people directing you to the track.

COST: \$50.00 per camper. This cost includes a gift and awards which each camper will get after the track meet on Saturday. Checks can be made out to Mountain View Cross Country or MVXC.

REGISTRATION: Due to a large number of campers, it is important to sign-up early. We will fill up this year so **DO NOT** wait to the last minute. In order to put campers in the correct group, you need to sign-up before camp (make sure to put their grade they are entering in the fall of 2022). If you sign up the day of camp – we cannot guarantee a spot.

CONCESSIONS: will be sold each night. Drinks, snacks, pizza, and chicken sandwiches will be available for purchase.

EVENTS: The events listed below are those that we will concentrate on during the week. Each camper will have a chance to try each one or concentrate on a few of them.

LONG JUMP, HIGH JUMP, SHOT PUT, HURDLES, SPRINTING EVENTS, DISTANCE EVENTS, RELAYS

SCHEDULE: The first night each parent will receive a schedule. Arrive early to get through the line quicker. We place campers into group of about 15 with 3 – 4 counselors per group. We rotate the events so they have a chance in each event. Then Saturday they get to do their favorite events. ****We cannot guarantee you are with everyone you would like to be with in a group – but we will try to make the one request on your registration form.****

Name of one person you would like to be in the same group at camp (must be same grade):

WILDCATS TRACK & FIELD CAMP REGISTRATION FORM

Please read and fill out the following form neatly and carefully. Forms and checks are then to be sent to Mike Porter at MVHS.

Campers Name: _____

Address: _____

City/Zip Code: _____

Phone Number: _____

E-mail Address: _____

Birth Date: _____ Gender: _____

Age: _____ Grade (fall of 2022): _____

School you attend: _____

Parent/Guardian Name: _____

Emergency phone # of parent: _____

Emergency contact, if parent cannot be notified:

Phone Number: _____

Family Health Insurance: _____

List any health conditions/allergies we should be aware of: _____

SHIRT SIZE (CIRCLE ONE)

CHILD SIZE			ADULT SIZE		
S	M	L	S	M	L

I hereby give written permission for this camp to use the best judgment in any situation requiring emergency care to my child. The camp also has my permission to take my child to the emergency room of the nearest hospital if needed, and for the hospital staff to provide treatment which a physician deems necessary for the well-being of my child.

Signature of Parent: _____



Wildcats Kids Track and Field Camp

Friday Evening Schedule June 10

5:00 – 5:30 Check-in and Introductions
5:30 – 5:50 Warm-up, Drills, Stretching, Water Break
6:00 – 6:25 Station 1
6:30 – 6:55 Station 2
7:00 – 7:25 Station 3
7:30 – 7:55 Station 4
8:00 – 8:25 Station 5
8:30 – 8:25 Station 6
8:30 – 8:55 Station 7
9:00 – 9:25 Station 8
9:30 Closing

Station #	Initial Events	Groups
1	Short Sprint	Blue
2	Long Distance	Green
3	Long Jump	Gray
4	Shot Put/Toss	Orange
5	Hurdles	Pink
6	Mid Distance	Purple
7	High Jump	Red
8	Long Sprint	Yellow

Saturday Evening Schedule June 11

5:00 – 5:20 Check-in
5:20 – 5:50 Warm-up, Drills, Stretching, Water Break
6:00 – 6:50 Additional Instruction by selected event

TRACK MEET: Test your skills in the following running events:

7:00 – 9:00 PM

- 1600M Run
- 800M Run
- 400M Run
- 200M Dash
- 100M or 50M (6 and under only) Dash
- Hurdles
- Family 4 x 100 Relay (If Parents attend/can compete against camp participants)
- High Jump
- Long Jump
- Shot Put/Toss

****If it rains lightly we will stay outside. If it storms we will still hold camp, we just move inside until the storm clears. ****