

Attitude = Everything

"Attitude is a little thing that makes a big difference."

~Winston Churchill



"We are what we repeatedly do. Excellence, then, is not an act, but a habit."

~Aristotle

"Develop the winning edge; small differences in your performance can lead to large differences in your results."

~Brian Tracy



All WCS student/athletes grades 4-8 are invited to attend this Football/Track and Field Camp. The camp will be ran by the WCHS Football and Track Staffs



Registration Includes:

Football:

- Blocking/Tackling Technique
- Throwing Technique
- Receiving Technique

Track:

- Sprint Techniques
- Throwing Techniques
- Jumping Techniques
- Introduction to Pole Vault
- Hurdle Techniques



**Football/Track
Camp**

Grades: 4-8

Date: July 10th-13th

Time: 5:00-6:30

Cost: \$25.00

Where: Fisher Field



Registration

Name: _____

Address: _____

Phone: _____

Grade: _____ School: _____

Price: \$25.00 —Cash —Check

Make checks payable to WCHS.

T-Shirt Size: Youth M L

Adult S M L XL

Waiver:

I hereby give my permission for my son to take part in the WCHS Football/Track Camp. I will not hold the camp directors, staff, WCHS, or WCS liable for any injuries that could possibly happen during a working camp. I have adequate hospitalization insurance to cover any such injuries.

Parent Signature

Son, Student, Athlete = Commitment

Son: It is expected of you to obey your parents at all times, no matter your family circumstance. Family is always first, because they are the ones who will always be there for you. We are your second family and as a family we will succeed.

Student: It is expected of you to perform in the classroom with discipline and respect. Your grades will determine how far you will go in your life. The odds of having a full paid scholarship or becoming a professional are long; however, they are attainable dreams.

Athlete: It is expected of you to wear the Orange and Black of Warsaw Community High School with dignified respect and pride. Remember you are representing your parents, your school, your community, your team and most importantly yourself.

Commitment: When a Tiger athlete represents all phases of Son, Student, Athlete they represent the commitment that it takes to be a champion in life.

Daily Activities

5:30-Active Warm-Up

5:45-Separate/H2O

5:50-Sessions Begin

-Football

-Blocking & Tackling

-Throwing

-Receiving

-Track

-Sprinting Mechanics

-Hurdle Drills

-Introduction to PV

-Throws Introduction

6:15-Switch/H2O

6:20-Sessions Flip

6:50-Guest Speaker

Contact Information

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