



## **CHELMSFORD TRACK SUMMER PROGRAM**

**WHAT:** The Chelmsford track and field program will be running a track camp designed to introduce athletes to the many different events track and field has to offer. Regardless of experience we want your son/daughter to be a part of this program. There will be introductory level practice sessions as well as sessions for more experienced runners, jumpers, and throwers. Please come join us for this amazing experience!

**WHO:** Anyone regardless of experience ages 6-13 (flexible)

We are looking to add a specific incoming freshman division this year!

**WHERE:** McCarthy Middle School

**WHEN:** August 3-7, 4:00-5:30

**COST:** \$100 for the week! The money will go directly to the Chelmsford Track and Field program and will be used to buy equipment designed to help the team. Checks can be made out to Chs track and field or cash will be accepted day 1.

**HOW:** Fill out the google sheet here or bring it day 1. All you need is a water bottle and the registration sheet! <https://forms.gle/mJzGQnZ9LM7A4rn9>

**WHY:** To introduce and teach athletes all that track and field has to offer. From throwing, to jumping, to sprints, to distance running there truly is something for everyone within this sport. The social gains and personal fitness goals that can be achieved are unlike any other sport. So come join us for a great event!

**Any questions please email Matthew Guarente (chs pe teacher/indoor outdoor track coach) at [guarentem@chelmsford.k12.ma.us](mailto:guarentem@chelmsford.k12.ma.us)**