

"What an amazing opportunity for our children to participate and compete in the many track and field events all in only one week! They enjoyed improving their skills with the great coaches and other campers.



They really loved competing in the fun and friendly track meet at the end of camp. Thanks to Track and Field Camp, our children have gained greater confidence in their athletic ability. Last year, my friend recommended the camp to me. This year, I'm recommending the camp to all my friends."
Jill G



I've helped helped out at Track and Field Camp for the past 5 or so years, and I was a participant in the camp for many years before that. From both sides of the experience, I enjoyed every aspect of it: participating in

the events, the bible study, the silly songs at the end of the day, the Friday night track meet (complete with chick fil a and rain) and even leading my own group of kids. I look forward to it every year.
Michael C.

Camp Fee

\$65.00

(includes t-shirt, snacks, water)

\$60.00 for each additional child in your family
Scholarships available upon request.

Online registration:
www.CrossLifeEvents.org

Complete registration and payment

Please register by May 15th
After May 15th, please check the website www.crosslifeevents.org to see if space is available. AFTER MAY 15th there will be a \$10 LATE FEE PER CHILD.

No registrations after June 1st.
Due to advanced purchases based on registration, no refunds will be given after June 1st.

Camper's Reminders

Your child should bring:

- Running Shoes
- Athletic Socks
- Running Shorts
- Beach Towel
- Plastic Water Bottle
- Great Attitude

Please do not bring food to camp unless for allergy requirements!

We will provide plenty of water, sports drink, and fruit to keep the campers safe and happy.

Thanks, The Camp Staff

Track & Field



Camp 2018

high jump, discus, javelin, long jump, shot put, sprints, and distance running

June 18 - June 22
9:00 a.m. to 12 Noon

Ages 6-13 years
Long Reach HS
6101 Old Dobbin Lane
Columbia, MD
(Pending)

Sponsored by
CrossLife Community Church
P.O. Box 8080
Elkridge, MD 21075
Phone: 410-960-6301
Web: crosslifeonline.com
Email: info@crosslifeonline.com

What is Track and Field Camp?

Our camp is designed with three main objectives in mind:

FUN

We want your kids to have fun interacting with other kids their age. We'll divide into groups by age and gender to get your child involved in a little healthy competition. We'll be holding time trials at the beginning of the week and a track meet at the end of the week.



There will be awards for everyone who participates. Each age group will have an adult counselor for instruction and supervision as well as a teenage helper.

FITNESS

Physical and Spiritual

Running is great exercise. We want to help your kids with physical and spiritual fitness. The activities we'll do will require lots of running. Your kids will have a great time while getting physically fit.



Each day we'll also have a moral and spiritual lesson from the Bible relating to character building taught by the group leaders, camp staffers, or from an athlete.

TRACK AND FIELD



Introduce your child to one of the oldest and purest sports of all: Track and Field. Each day we'll devote time to teaching the campers the various different events.

We've invited athlete and coaches from schools on the east coast to come and share their track experiences and give your kids tips on running techniques.

Meet Some of Our Camp Staff

John Mackall

John loves sports, just about every sport, and has participated and taught many sports over the years. He has a Physical Education degree from **Shepherd College** where he played football. John also, participated in Track and Field as a youngster starting at the age of 10 running sprints and throwing shot put.



Even today he loves to bike, ski, swim, rock climb, play soccer, golf, racquetball, and has participated in several Sprint Triathlons. John has been camp director for the CrossLife Track & Field Camp for the past 14 years.



Lisa Otero

Lisa competed for Coastal Carolina University from 2000-2003 in a variety of events including sprints, hurdles, pole vault, hammer throw, and the heptathlon.

Nowadays she is mostly retired from track except for when she jumps over the toys strewn around the house or when she runs to the park with her kids on their bikes as they yell, "Faster, Mommy! faster!"

Register online at crosslifeevents.org

Please complete one registration for each child



Daily Program

- 9:00– 9:30 Small Group Time
- 9:30-9:45 Stretching and Calisthenics
- 9:45-11:20 Age Group Events
- 11:30-12:00 Large Group Time
- 12:00 Dismissal

Track Meet and Family Picnic Friday June 22

Chick-Fil-A sandwiches will be available more information coming soon!

Order forms will be distributed the second day of camp and due by noon on Thursday, June 21th.