

Peninsula High School Summer Track and Field



Any boys or girls interested in the track and field program at Peninsula High School are encouraged to attend the summer session. Athletes need to bring water or Gatorade, track or running shoes, running clothes and sweats.

Location: Peninsula High School Track

Schedule: June 16 – July 28
Monday – Thursday 2:00 – 4:00 PM

Events: Sprints, Middle distance, Hurdles, Long and Triple Jump, High Jump, Pole Vault, and the Relays will be taught.

Speed work, conditioning, and plyometric training

Parachute training and weight training

Fee: \$300 which includes t-shirt and shorts

To register, complete the form below and mail to:

Mark Mackenzie
Peninsula High School Summer Track and Field
27118 Silver Spur Road
Rolling Hills Estates, CA 90274

Or, deliver to the "Track and Field" mailbox in the Hawthorne office at PVPHS.

Make checks payable to: **Peninsula Summer Sports**

Peninsula High School Summer Track and Field

Name: _____ Grade: _____

Address: _____

City: _____ Zip: _____

Parent's/guardian's names: _____

Home phone: _____ Cell Phone: _____

Parent's email: _____

Shirt size: _____ Short size: _____

New students, you will need:

- a) Yellow card – with emergency info filled out. (Pick up on counter in Hawthorne Office @ PVPHS, or intermediate school front counter.)
- b) Current physical exam – form may be obtained on PVPHS Edline under "All Things Medical". (Can obtain school's Edline through www.pvphs.com – click on "Edline".)
- c) Proof of insurance – photocopy health card

Returning students (if coach does not have your previous yellow card), you will need:

- a) Yellow card – with emergency info filled out.
- b) Current physical exam or "yellow slip" from Health Office with current physical expiration date
- c) Proof of insurance – photocopy health card.