

# Bolts Track & Field

@ Eagle's Landing Christian Academy

## For K5-5th grade

\$100 Youth Athletic Fee

Season: 3/2/2022 through 4/1/2022

(ten practices and one meet)

Practice Days: Wednesday 3:15-4:15 & Friday  
3:30pm-4:30pm

Where: Outside the weight room on the turf

Please Fill out and Turn in Sign Up Sheet

Contact: Coach Lorenzo at: [elcabolts@gmail.com](mailto:elcabolts@gmail.com)

We are very excited to continue our Bolts Track & Field Club for the 2022 school year. This running club will be available for all K-5th grade students. The team will practice Wednesday's 3:15-4:15 and Friday's 3:30-4:30. Any athlete that needs to be brought to ASEP will be dropped off by one of our coaches at the conclusion of practice. Our practices will be set up as "mini track meets". Each day we will be competing against each other in a handful of events. While competing against each other they will battle for points (excluding relay races). At the end of the season each age group's top three girls and boys will receive certificates. I hope that you will consider joining the Bolts Track & Field Club and enjoy the wonderful sport. As of now we plan to attend one meet on March 26th. We will also be looking to add one additional meet, but are working on details for that. If you choose to participate in the optional meets it will be an additional cost of \$5 per meet entry, which can be paid at the meet.

60m	100m	200m	400m	800m
1600m	High Jump	Long Jump	4X100m relay	4X400m relay
Softball throw	Disc throw	Turbo Javelin		

# TRACK & FIELD

I hereby give my permission for \_\_\_\_\_ to participate on the  
**BOLTS TRACK & FIELD** during the 2022 season.

Athletes Printed Full Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Grade: \_\_\_\_\_

Best Email address: \_\_\_\_\_

Mom's Cell Phone #: \_\_\_\_\_ Dad's Cell Phone #: \_\_\_\_\_

Will you need the coaching staff to bring your child to the ASEP program? (If so please indicate what day(s)) \_\_\_\_\_

T-Shirt size for Runner: YS\_\_\_ YM\_\_\_ YL\_\_\_ YXL\_\_\_ AS\_\_\_ AM\_\_\_ AL\_\_\_ AXL\_\_\_

Parent(s) Full Name (Please Print): \_\_\_\_\_

Parent(s) Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Cost: **\$100** for participating (K5-5th grade) will be charged to your ELCA School Account

\*Team gear is included in cost (T-shirt) Please have form in by 2/14 to ensure you get a shirt, orders will be placed before winter break starts.