

# Bolts Track & Field

@ Eagle's Landing Christian Academy

## For 1st-5th grade

\$100 Youth Athletic Fee

Season: 2/24/2021 through 4/24/2021

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)

***(Space is limited, first 50 kids to sign up)***

We are very excited to continue our Bolts Track & Field Club for the 2021 school year. This running club will be available for all 1st-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 two meets, March 27th and April 24th. For this reason we have extended the season an extra three weeks, until April 24th. There will be no extra charge with the additional practice dates. 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			

# TRACK & FIELD

I hereby give my permission for \_\_\_\_\_ to participate on the  
**BOLTS TRACK & FIELD** during the 2021 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 a runner (K-4th grade) will be charged to your ELCA School Account

\*Team gear is included in cost (T-shirt) Please have form in by 2/11 to ensure you get a shirt, orders will be placed that Friday before winter break starts.