

Content

2 Sessions-

1st session:

Hurdling Drills from warm-ups, blocks, approach, lean, lead leg, trail leg and 3 step. Highs, 300s, and Shuttles

2nd session:

Competition Racing in 100HH, 110HH, 300H and Shuttles

Location

Ripley High School
#2 School Street
Ripley, WV 25271

Check In:

We will begin check in @ 9am. Saturday, June 18th

The Camp will conclude at 6pm.

Cost: \$50 dollars per Camper

Athletes will need to bring: shoes, spikes, and water bottles.

Mail application and parental consent form to

Michael Bright

39 Rose Rd.

Ripley, WV 25271

1st Annual Viking Hurdle Camp

Saturday, June 18th

9am – 6pm
@ Ripley High School

For incoming Freshman through seniors.

Director - Michael Bright

304-377-2064
coachbrightrhstrack@gmail.com

Application

Name _____

Phone _____

School _____

Grade:

9th 10th 11th 12th

Parental Consent and Waiver

I hereby grant permission for my child to attend and participate in the Hurdle Camp. I verify that my child has had a physical in the past year and is capable of participating in all activities of the camp. I agree to indemnify, hold innocent, and defend Michael Bright and all other workers of the camp from any and all liabilities for injury to my child, as well as injury caused by my child.

Should emergency medical treatment for my child be necessary, I hereby authorize EMS or a physician to order and conduct procedures necessary.

Health Insurance:

Policy # _____

Parent or Guardian Signature

Emergency Contact # _____

Under Coach Bright

Coach's Bright's former Hurdlers:

2007 - 110's - 15.47

2008 - 110's - 15.05 - 2nd

2008 - 300's - 39.84 - 2nd

2010 - Shuttles - 1:03.18

At Ripley High School:

2013 - 110's - 15.94 - 8th

300s - 40.73 - 6th

SH - 1:01.06

Girls SH - 1:09.94

2014 - SH - 1:01.73

300s - 44.57

100HH - 15.91 - 5th

Girls 300's - 48.02 - 4th

Girls SH - 1:06.79 - 5th

2015 - 110's - 16.06

300's - 41.43

300's - 41.39

SH - 59.85

Girls SH - 106.96

2016 - 110s - 15.86

300s - 41.

300s - 41.

SH - 59.40

Girls SH - 1:06.73

100H - 16.34

300's - 47.16

300's - 48.13