

Camp Information

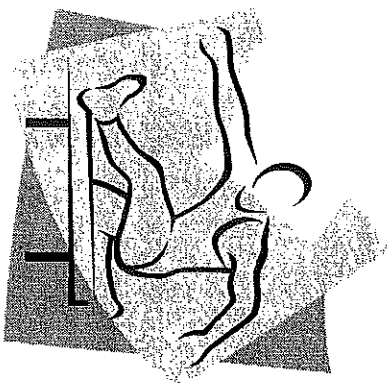
The purpose of this camp is to work on skills in sprints & hurdles that will translate into greater success the following track and field season. This camp will be beneficial for students of all levels. This camp will also be beneficial to any athlete looking to improve their *linear speed* and their overall athleticism. Fundamentals of the event will be emphasized & reinforced and advanced skills & concepts will be practiced. If you are interested in improving in either event or are interested in trying a new event & are willing to work hard, this is the camp for you.

Sprint Concepts to be Emphasized

- Proper Running Mechanics
- Explosive Starts
- Drive Phase
- Obtaining & Maintaining Top Speed

Hurdle Concepts to be Emphasized:

- Explosive start to the first hurdle
- Running fast between hurdles
- Proper lead and trail legs form
- Importance of lead and trail arm



Camp Director and

Head of Instruction:

Josh Saladino—Ridgewood High School

Coach Saladino is in his 10th year as Ridgewood's head coach of the boys spring track and field team as well as serving as the head hurdling and sprint coach for both the boys and girls teams. In 2008 the Ridgewood girls team **won the national championship in the shuttle hurdle relay**. During the 2007 indoor season his girls took **2nd Place in the nation in the shuttle hurdles** also **earning first team All-American honors**. The Ridgewood girls have run the 7th fastest time in state history and hold Bergen County indoor and outdoor records. **The boys shuttle hurdle team holds the indoor county record at 30.7 seconds**. Last year at the national championships the boys' **shuttle hurdle relay team came in 4th Place in the nation earning All-American honors**. In Coach Saladino's nine full years at Ridgewood as coach of the sprint teams the boys have broken all sprint relay school records at Ridgewood. Last year the boys ran **3:16.91 in the 4x400 meters, the 2nd fastest time in Bergen County history**. In Coach Saladino's nine full seasons his teams have won nine league titles, three Bergen relay titles, three Bergen "A" titles and three state sectional championships.

Dates, Times & Location

Week 1, Course #975 – July 5-8

Week 2, Course #976 - July 11-14

9-11:30 am

Benjamin Franklin Middle School Track

Tuition

Tuition is \$150 per student-athlete for either week. If student-athletes would like to attend both weeks the cost is reduced to \$250. Tuition includes a camp t-shirt.

Additional Information

All campers should come in appropriate training shoes/attire each day.

Information available at: www.jacobbrown.com

Questions?

Contact Josh Saladino @ ridgewoodtrack@gmail.com with additional questions or for more information

Other

Instruction will be provided by local high school coaches and current college athletes.



RCS Withdrawal Policy

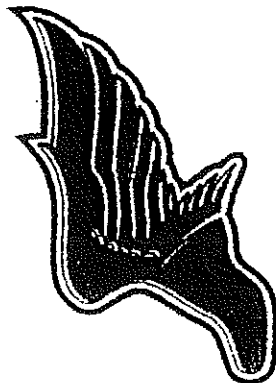
Tuition includes a non-refundable \$25 registration fee. Tuition must accompany registration. If RCS cancels the course, you will receive a full refund. If you need to withdraw your child from the class, you must submit your request in writing by 4 pm on June 17th. The tuition will be refunded less the \$25 registration fee. If you withdraw your child from the class after June 17th, no refund will be given. Transportation is not provided.

You have 5 easy ways to register:

1. Mail the registration form with your payment. **CHECK OR CHARGE.**
2. In person registration at the RCS Office, Education Center, 1-4 pm, Monday through Friday. **CHECK, CHARGE OR CASH.**
3. Phone it in, **CHARGE ONLY**, (201) 670-2777
4. 1-4 pm, Monday through Friday. Fax it in, 24 hours a day, **CHARGE ONLY**, (201) 444-5565.
5. Online registration **CHARGE ONLY** at <https://register.communitypass.net>

Please make checks payable to Ridgewood Community School and mail to 49 Cottage Place, Ridgewood, NJ 07451. Visa or Mastercard are accepted.

Maroons Sprint, Hurdle & Speed Development School



Lead Instruction by:

JOSH SALADINO
Ridgewood High School

Held at Ridgewood's Brand New
Ben Franklin Track and Field Facility!!

Summer 2011

For boys and girls entering
grades 9-12 in Fall 2011

Week 1: July 5-8
(rain date July 11)

Week 2: July 11-14
(rain date July 15)

Make check payable to RCS and mail to:
PLEASE PRINT
Sprint, Hurdle & Speed School
RCS, 49 Cottage Place
Ridgewood, NJ 07451

Summer 2011
Cash
Check
Credit Card

Name _____ LAST _____ FIRST _____
Address _____
Town _____ Zip _____
School/Grade 09/11 _____ Home Phone _____
Parent Business Phone _____ Parent Name _____
COURSE Sprint, Hurdle & Speed School COURSE NO. _____ FEE \$ _____
Student interested in: Sprint Hurdle Week(s) Attending July 5 July 11
Credit Card Information (VISA or MASTERCARD) _____
Expiration Date _____