

Aliso Niguel Track and Field Summer Training 2021

Monday - Friday at Aliso Niguel Track June 14th – July 23th at 9am-11am

Dear Aliso Niguel Pole Vault Athletes and Parents,

As we move into a new season and continue to improve our program, we have found that year-round training is imperative to our success. In accordance, we will be holding summer training through June and July. We encourage all of our athletes to attend in order to maintain their fitness and form during the summer months. We are very excited to begin training for our 2020 season and look forward to seeing everyone at practice!

-Aliso Niguel Coaching Staff

*Our goals for summer training are:
Improving form and technique
Continued conditioning and fitness
Individualized instruction
Goal setting for the coming season
Maintaining important safety and procedural knowledge*

*You must have athletic clearance before participating. Please visit:
<http://www.alisoathletics.com/athleticclearance> for details.

Optional Donation: \$20 a week or \$100 for all six weeks*

DetachHere _____

Athlete Name _____

Email _____

Address _____

City _____ Zip _____

Phone # _____ Contact Person _____

ParentName _____

Parent Signature _____

Date _____

I/we the parents or guardians of the above named child hereby release, absolve, indemnify, and hold harmless the Capistrano Unified School District, Patricia Lusar, and Aliso Niguel Track and Field for any injuries or damage that he/she may receive or cause as a result from activities during the above mentioned camp. I/we assume all risks and hazards incidental to the conduct of the activities and hereby acknowledge that my child is covered under our family health plan.

*Please note that the Constitution of the State of California requires that we provide a public education to you free of charge. Your right to a free

education is for all school/educational activities, whether curricular or extracurricular, and whether you get a grade for the activity or class. Subject to certain exceptions, your right to a free public education means that we cannot require you or your family to purchase materials, supplies, equipment or uniforms for any school activity, nor can we require you or your family to pay security deposits for access, participation, materials, or equipment.
Note: All donations are voluntary

