



CAPE HENLOPEN TRACK & FIELD CLINIC



Hosted by the Cape Henlopen Girls Track & Field TEAM & Coaching Staff

MARCH 14th & 21st, 2021



**Youth Clinic... Kindergarten - 5th Grade Athletes ... \$50 for both sessions (3/14 & 3/21)
from 9 a.m. - 10:30 a.m.... "ALL DPH COVID GUIDELINES WILL BE FOLLOWED"
"Focus will be on track events, hurdles, jumps"**

**Middle School & High School Clinic... 6th-12th Grade Athletes ... \$50 for both sessions (3/14 & 3/21)
from 11:00 a.m. - 1:00 p.m.... "ALL DPH COVID GUIDELINES WILL BE FOLLOWED"
MS/HS Coaches are welcome & FREE with 10 registered athletes.
"Focus will be on ALL Track & Field events"**

**CAPE HENLOPEN LEGENDS STADIUM
LEWES, DE. 19958**

Clinic T-Shirt & box lunch included for all registered athletes & coaches

**Payment Info: Checks to "Cape Henlopen School District"
Mailed or dropped off to: Tim Bamforth @ Shields Elementary, 910 Shields Ave. Lewes, DE. 19958
Registration Application Link: https://docs.google.com/forms/d/1AxYHAW2DxG-FHPbq3hB5_6CqVUuyGF-SRBhpGNw-ruc/edit**

**For more information Contact Director Tim Bamforth @ 302.542.4536
Or email at timothy.bamforth@cape.k12.de.us**