



# CAPE HENLOPEN TRACK & FIELD CLINIC III



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

## May 16th & May 23rd, 2021



**Youth Clinic III ... Kindergarten – 5<sup>th</sup> Grade Athletes ... \$50 for both sessions (5/16 & 5/23)  
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 III ... 6<sup>th</sup>-12<sup>th</sup> Grade Athletes ... \$50 for both sessions (5/16 & 5/23)  
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 Long Sleeve & 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/10QoWJ9Hccz8cA6IihQUH07s5IE86WzPOD84G58CHR\\_U/edit](https://docs.google.com/forms/d/10QoWJ9Hccz8cA6IihQUH07s5IE86WzPOD84G58CHR_U/edit)  
or link is at [www.seashorestriders.com](http://www.seashorestriders.com)**

**For more information Contact Director Tim Bamforth @ 302.542.4536  
Or email at [timothy.bamforth@cape.k12.de.us](mailto:timothy.bamforth@cape.k12.de.us)**