



CAPE HENLOPEN TRACK & FIELD CLINIC II



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

April 18th & May 2nd, 2021



**Youth Clinic II ... Kindergarten - 5th Grade Athletes ... \$50 for both sessions (4/18 & 5/2)
from 9 a.m. - 11:00 a.m.... "ALL DPH COVID GUIDELINES WILL BE FOLLOWED"
"Focus will be on track events, hurdles, jumps"**

**Middle School & High School Clinic II ... 6th-12th Grade Athletes ... \$50 for both sessions (4/18 & 5/2)
from 11:30 a.m. - 1:30 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 drawstring backpack Bag & 1 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
Google Doc Registration Application Link:**

**https://docs.google.com/forms/d/1E2KVVNgQCH2CRm_m0aVNoYF6Z34ya6UFgrmN2f8ERow/edit
or link is at www.seashorestriders.com**

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