



Co-ed Track & Field Camp (Incoming 3rd - 9th grade)

Participants will receive expert coaching in a variety of track and field events, including sprints, long jump, high jump, shot put, discus, and relays. The camp focuses on building strength, speed, and teamwork, all while having fun in a supportive and encouraging environment. Whether new to the sport or looking to improve, athletes will leave with enhanced skills, confidence, and a greater passion for track and field!

Camp Start Date: June 2, 2025	Start Time: 8:00:00 AM
Camp End Date: June 5, 2025	End Time: 9:30:00 AM

Venue Name: Practice Track/Field @ Melissa Championship Center

Venue Address: 3030 Milrany Lane, Melissa, TX 75454

Camp Cost: \$80.00

Questions: Zach Hernandez zacharyhernandez@melissaisd.org

Special Notes:

Check-in will take place at the gate entering the high school track, under the black tent. After check-in and payment confirmation, parents/guardians can choose to stay or leave. Please bring your own water (a water station will also be available). Bring a snack if desired. Athletes will be grouped according to their incoming grade level, and stations will be tailored to the overall abilities of each group.

Medical Info:

ASSUMPTION OF RISK/RELEASE OF LIABILITY: By registering for Melissa ISD Sports Camp. I am fully aware that there are inherent risks to myself and others involved with this activity, and I choose to voluntarily participate in said activity with full knowledge that the activity may be hazardous to me and my property, and to the person and property of others. I acknowledge there may be physically strenuous activities. I know of no medical reason why I should not participate. I agree to indemnify and hold harmless INDEMNITEES from any and all liabilities, claims, demands, injuries (including death), or damages, including court costs and attorney's fees and expenses, which may occur to myself, other participants, and third-persons as a result of my participation in said activity, including injuries sustained as a result of the sole, joint, or concurrent negligence, negligence per se, statutory fault, or strict liability of INDEMNITEES. It is understood that Melissa ISD does not provide medical insurance covering injuries of any nature incurred during the summer camps. The undersigned hereby releases Melissa ISD from any and all claims, demands, and causes of action whatsoever in any way growing out of or resulting from participation in any of the camps. All participants should be covered by their own insurance policies. In signing this agreement I acknowledge and represent that I have read it, understand it, and sign it voluntarily as my own free act and deed; sponsor has not made and I have not relied on any oral representations, statements, or inducements apart from the terms contained in this agreement.