



# Panther Track and Field Camp

Try something new in the summer of 2025. We will be having our camp for boys and girls entering grades 1-8. This is the first year for this camp. The goals of this camp are to get our young athletes excited about the sport of track and field, to start building a solid base of fundamentals, and to have fun!!

Camp will focus on individual fundamentals of sprints, hurdles, field events, and distance running. We will give the campers several basic things to work on as they continue to grow and develop as athletes. Each day will end with an event competition and a relay.

We feel this camp is a great opportunity to learn basic track and field fundamentals in a safe, fun environment. We will work with each camper to help them develop their skills individually, while also stressing the importance of team concept. We look forward to seeing our future track and field athletes at camp!!!

All proceeds from this camp will benefit the track and field program, camp coaches, t-shirts, and any additional supplies needed for camp.

Who: Boys and Girls entering Grades 1-8

When: June 16-19, 2025  
9:00 - 11:00 am daily

Where: Monticello Track at Dean Nelson Field  
Tuition: \$65.00 (includes camp t-shirt and prizes)

Camp Staff: High School School Coaches  
Current and Former Panther Athletes

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Camper's Name \_\_\_\_\_ Grade Fall 2025 \_\_\_\_\_

Phone Number: \_\_\_\_\_ Emer. # \_\_\_\_\_

Address \_\_\_\_\_

Please indicate size of shirt- Circle One

Sm	Med	Lg	Adult S	Adult M	Adult L
6-8	10-12	14-16			

Return sign up sheet to:

Coach Vallerie Lynn  
Monticello HS  
850 East Oak St.  
Monticello, Iowa 52310

(Please make tuition check payable to Monticello Community Schools)

We, the parents/guardians of the above child, agree not to hold Monticello Comm. Schools or the Coaches / Players in this camp liable in the event of an injury or accident.

Parent Signature: \_\_\_\_\_

-If you have any questions, please contact Coach Vallerie Lynn 563-599-3589.