

# P-M Raider Track Summer Clinic 2010

## Age Groups

Children Entering  
Grades 3-8

## Times

8am to 11am

## Place

Patchogue-Medford HS  
Track

## Dates

July 6-9, 2010  
(Tue-Fri)

## Skills

Jumps – High, Long, Triple  
Running – 50,100,200, & 400  
Throws – Softball  
Relays – 4x100 & 4x400

## Cost

\$80.00

## Instructors

P-M Track Staff  
Current Varsity Athletes

Detach and return to:

Steven Cole  
23 Hurtin Street  
Port Jefferson Station, NY 11776

Make Check Payable to:  
"Pat-Med Booster Club"  
Memo: Track Clinic

-----  
Name \_\_\_\_\_

Grade \_\_\_\_\_

School \_\_\_\_\_

Age \_\_\_\_\_

Phone \_\_\_\_\_

T-Shirt Size \_\_\_\_\_

Please let the coaches know of any medical concerns at the sign in.