



Runners , Take Your Mark...

Join Coach Sealy at the 18th Annual Silver Bullets Summer Track Camp!

This camp is for all ages from beginning runners to track enthusiasts to competitive athletes to those interested in getting into shape for the summer. Whether you are interested in trying your skills at running or getting into shape for another sport this is the place to be!

- **WHO:** Kenrick Sealy is the Head Cross Country and Track coach for the Silver Bullets Track Club which is a USA Track and Field certified club and a former collegiate and professional runner; a personal track and field coach; Coach Sealy provides valuable knowledge and experience to his running program.
- **WHAT:** Join us twice a week for running workouts that are focused on conditioning and working on your technique. We will also participate in the Thursday evenings Los Gatos All-Comer summer meets.
- **WHEN:** May 25th - August 3rd, 2017
Trainings are Tuesdays & Thursdays from 5:30 - 7:00 pm
Thursday trainings will move to Saturday mornings when the Los Gatos meets begin.
- **WHERE:** Training: **Homestead High School Track.**
Competition: **Los Gatos All-Comer Meets** @ Los Gatos High School Track.
- **COST:** Individual \$170.00 / Family \$310.00

For more information, contact Kenrick Sealy at
408.410.7654 or kenricksealy80@hotmail.com

What are you waiting for? Sign up now!

Application Form
18th Annual
Coach Sealy's
Silver Bullets Summer Track Camp

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The following is the official entry form for the **2017 Coach Sealy's Silver Bullets Summer Track Camp** scheduled to begin on **May 25th** at Homestead High School. Please fill out and sign the necessary information that is applicable to you. Make **checks** payable to **Kenrick Sealy**.

Name (s):

Parents

Address:

Email address:

School/Grade:

Telephone: (H) (cell)

Fees: Check one **Individual** \$170.00 () or **Family** \$310.00 ()

I, the undersigned, totally agreed to participate in the aforementioned program with the knowledge that I am capable, fit and healthy to perform the task (s) that is/are asked of me during the length of the camp. I totally understand the terms and agreement of this contract and have all plans on executing them.

Signature **Date:**