



"Make Speed Happen"

Thousand Oaks HS Speed Camp

- Dynamic Foots Skills
- Foot Strike
- Sprint posture
- Effective Acceleration
- Use of power and force
- Mind Set

2 Varsity sessions 6th grade- 12th June 17-20 : June 24-27
 1 Junior Varsity session 1st grade -7th : July 8-11
 Time: 5:00-7:00pm

Lead by Marlene Wilcox TOHS Head Track and Field Coach,
 TOHS Alumni, CIF Champion, HS State Champion, 1980 Olympic
 Team Member, 5 X NCAA Champion, HS and Colligate All
 American

- USATF Level II coaching certification
- USATF Coaching commission
- USATF Alumni Board
- 2021 USATF Jr. Pan American Games Coach
- 2022 U SATF NACAC Coach
- 2023 USOPC Pan American Games Coach

*Cost: 175.00 per-session
 T-Shirt included

Sign up:
www.TOHStrackandfield.com

*Contact: 818-324-3112
 Email: tocoachmarr@gmail.com

The Track and Field team at Thousand Oaks High School has had a strong, winning tradition. TOHS has become a proven Speed Powerhouse program who has earned a CIF Team Championship with individual CIF titles in the 4x100, 200m, 4x400, 300m hurdles 100m hurdles. TOHS also had multiple podium visits in both the boys and girls divisions in the 100, 200, 400, 1600, Pole Vault, Hurdles, relays, and Discus.

Our team is fortunate to have world class skilled coaches led by TOHS head coach and alumni Marlene Wilcox. She is a 1980 Olympic team member, 5 x NCAA champion, 2 x Hall of Fame Recipient and still holds the High school Pentathlon National record. She is a USATF national coach and holds a USATF Level 2 coaching credential. Her passion is to play it forward and is committed to helping athletes excel to their best. She is proud to be accompanied by a highly educated and experienced coaching staff. If you are serious about your "Need for Speed," no matter what your sport is or skill level this is the program for you. Come join us in perfecting your sprint mechanics and becoming the best you can be.

Registration info: <https://tohstrackandfield.com/tohs-track-summer>

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AND PARENTAL
CONSENT AGREEMENT

IN CONSIDERATION of being permitted to participate in any way at the TOHS track and field 2024 and training scheduled practices referred to collectively herein as the Activity ("Activity") I, for myself, for personal representatives, assigns, heirs and next of kin:

- 1) ACKNOWLEDGE, agree, and represent that I understand the nature of the Activity and that I am qualifies, in good health, and in proper physical condition to participate in such Activity. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.
- 2) FULLY UNDERSTAND THAT: (a) THE ACTIVITY INVOLVES RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("Risks"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISK AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITIES FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation or that of the minor in the Activity.
- 3) HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Activity's Sponsors Axis Athletic, Thousand Oaks High School, Conejo Valley Unified School District practice facilities associated with the Activity, and their affiliates, their respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers and if applicable, owner and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf makes a claim against any of the RELEASEES, I WILL IDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RESLEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as a result of such claim. I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAAVE SIGNED IT FREELY AND WITHOUT INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTENT IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Shirt size: _____

Athletes Signature _____ Date _____

Parent or Guardian Signature _____ Date _____

TOHS Speed Camp

Athletes Name: _____

Camp Dates: _____

Shirt Size: _____

Age: _____

Parents Name: _____

Phone: _____

Email: _____