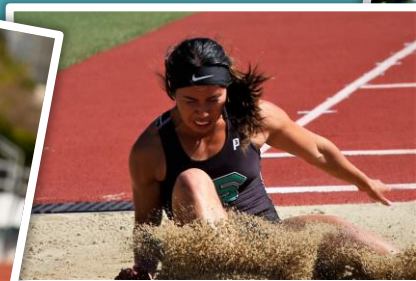




TOHS Track & Field

Summer Youth Training Camps



Axis Athletic Academy “Speed Mechanics” Camp

Thousand Oaks High Schools head Track and Field coach, Marlene Wilcox, and Axis Athletics, is offering an opportunity to learn Speed Strategy. While at the helm of the TOHS track and field program she has quickly earned the reputation as a proven Speed Powerhouse with recent results of winning the 2021 CIF Team Championship along with individual CIF titles in the 4x100, 200m, 4x400 100mh and 300mh. TOHS also had multiple podium visits in both the boys and girls’ divisions in the 100, 200, 400, 100mh, 110mh, 300mh, 800, 1600, Pole Vault, Relays, and Discus.



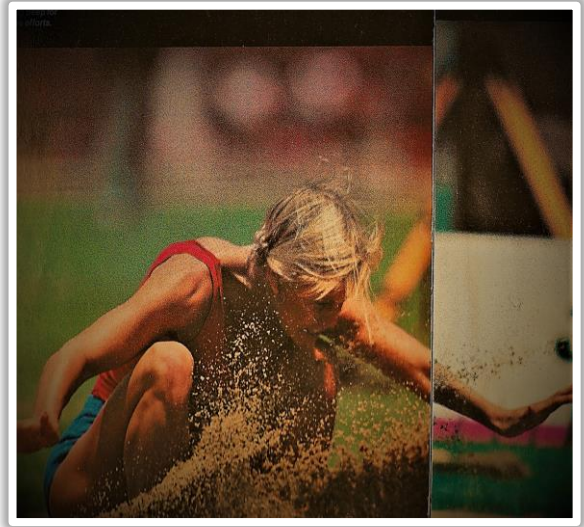
Sprint Mechanics

The AXIS program is fortunate to have world class skilled coaches who are not only passionate about the sport but are also committed to helping the athletes excel to their fullest potential on all levels. We humbly think our elite coaches who have competed and won, collegiate and world class events all over the world offer some of the best technical, physical, and mental insights on what it takes to be the best

”SPEED” is a game changer in ALL sports. You will learn important dynamic drills, foot strike, sprint posture, efficient acceleration, use of power and force to maximize your velocity while having fun. This is a great opportunity to be a part of something special, taught by experienced world class accredited coaches. We cater to ages 7 and up and all skill set levels. If you have the NEED for SPEED and want to improve your game, this is the camp for you.



Lead by Marlene Wilcox TOHS Head Track and Field Coach with 16 years of coaching experience. She has coached 23 CIF individual Champions & lead the 2021 TOHS boys' team to a CIF Team Title. Marlene is a TOHS Alumni, CIF Champion, HS State Champion, National record holder, Olympic Team Member, World Championship, Pan American Team Member, 5 X NCAA Champion, HS and Colligate All American. She holds a USATF Level II coaching certification and is an active member of the USATF Alumni Board. She recently has been named as the 2021 USATF Jr. Pan American National Sprints & Hurdles Coach and the 2022 USATF NACACA SR. National Jumps & Multi's Coach.



Marlene Wilcox

June 13-17 Sprint Mechanics

Focus: Sprint Mechanics / Maximum Velocity

Ages: 7-13 years old

Time 4:00-6:30pm

Where: Thousand Oaks Track and Field Stadium

Cost \$150.00 Payable to: Axis Athletic Academy

Bring: Water, Good Running Shoes, non-weighted licorice jump rope. Sunblock, Towel



June 27-July 1 Speed Mechanics

Focus: Sprint Mechanics

Ages: 12-17 years old

Time: 4:00-6:30pm

Where: Thousand Oaks Track and Field Stadium

Cost \$160.00 Payable to: Axis Athletic Academy

Bring: Water, Good Running Shoes, Non-weight licorice jump rope, Sunblock, Towel



July 11-15 Youth Track Camp

Focus: Hurdles, Jumps, Relays, Starts

Ages: 7-13 years old

Time 4:00-6:30pm

Where: Thousand Oaks HS Track and Field Stadium

Cost \$160.00 Payable to: Axis Athletic Academy

Bring: Water, Good Running Shoes, non-weighted licorice jump rope, Sunblock, Towel,



July 18-22 Speed Camp

Focus: Sprint mechanics Maximum Velocity

Ages: 11-17 years old

Time 4:00-6:30pm

Where: Thousand Oaks HS Track and Field Stadium

Cost \$160.00 Payable to: Axis Athletic Academy

Bring: Water, Good Running Shoes, non-weighted licorice jump rope, Sunblock, Towel

Contact:

Coach Marlene Wilcox - 818-324-3112

Email: tocoachmarr@gmail.com

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 2021 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 qualified, 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 RELEASEES 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 HAVE 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.

Signature: _____ Date: _____

TOHS track and field will follow all COVID-19 safety protocols. We ask that you stay home if you are not feeling well or have been exposed.

COVID-19 Disclaimer:

The TOHS training program has implemented required safety precautions and best practices to reduce the transmission of COVID-19. However, such measures do not eliminate the inherent risk of potential exposure to COVID-19 in public spaces. COVID-19 is an extremely contagious disease that can lead to severe illness and death. By visiting participating in TOHS training program, you voluntarily assume all risks associated with exposure to COVID-19.

Please join us at Thousand Oaks the collective fight against COVID-19. Stay Healthy & Happy.

Athletes signature _____ Date _____

Parent or Guardian

Signature _____ Date _____