

Kennedy Philosophy

Track is an extended classroom for student athletes. Our goal is to educate and provide a first rate experience for all involved. Winning is a result of our process, not the focus.



Registration Form

Name _____ Phone _____

Email _____

(Cancellation/Announcements will be sent by e-mail.)

Address _____

Grade (Fall '18) ____ T-shirt (Circle) YM YL AS AM AL AXL

Registering for (Circle) Week 1 Week 2 Both Weeks
Amount Included (by May 31st): \$40 (one week) \$60 (both weeks)
Amount Included (after May 31st): \$50 (one week) \$70 (both weeks)

My son has permission to participate in the Kennedy Track and Cross Country Camp. I certify he is in good health and able to participate with no restrictions. I understand that Kennedy High School, the Camp Director, or anyone connected with the camp does not assume responsibility for accidents, medical, dental or other expenses incurred as a result of camp attendance.

Parent/Guardian Signature _____

Make check payable to: Kennedy Boys Track Camp
Mail to: Kennedy High School, Attn: Curt Pakkebier, 4545 Wenig Rd. NE,
Cedar Rapids, IA 52402



Cougar Track Camp

Week 1: Tuesday June 5th-Friday June 8th

Week 2: Monday June 11th – Thursday June 14th

Time: 9AM-10:15AM

Where? - On Kennedy's Track

Grades: 3-8

"To give anything less than your best is to sacrifice the gift"
– Steve Prefontaine



Camp Details

Dates: June 5-8 (Week 1) and June 11-14 (Week 2)
Cost (by May 31st): \$40 (one week), \$60 (both weeks)
Late Registration (after May 31st): Add \$10

Going into Grades 3rd-8th

9:00AM-10:15AM – Meet at Kennedy's Track

Learn the fundamentals of track, including proper warm-ups, nutrition, and the events.

All camp registrants will receive a t-shirt and will be instructed by Kennedy coaches and athletes in the following events:

- Hurdles
- Long Jump & High Jump
- Shot Put & Discus
- Sprints & Relays
- Distance

For more information contact:
Coach Curt Pakkebieer
319-440-3601
cpakkebieer@cr.k12.ia.us
kennedyactivities.com



Camp Coaches

Coach Curt Pakkebieer

Head Coach, Boys Track

Coach Pakkebieer is the Head Track Coach and has coached jumps and hurdles at Kennedy for the past 19 years. He has coached State Champions in the hurdles, long jump and high jump. Competed as a decathlete at Central College where he was named MVP of the field events his senior year, and was an all-conference performer in 4 events.



Coach Brian Annis

Head Coach, Boys Cross Country

Coach Annis has coached the Kennedy Cross Country team since 1999. He is a Loras college grad, where he ran both cross country and track. He is still a top 10 performer at Loras.

What to bring to camp:

- *Comfortable athletic shoes*
- *Water bottle*
- *Wear sunscreen*

