

Gonzales High School

Track & Field (C)



## Gonzales Track/Cross Country Camp

Out run the ordinary and join us for Gonzales Track/ Cross Country Camp with The Lady Apache Coaching Staff and the Lady Apache Track and Cross Country teams. Our camp is designed to help future Apaches develop their skills, confidence, and love for the sport. Campers will receive instruction from Gonzales High School coaches and players in areas including Hurdles, Jumps, including triple, long, and high, field events such as shot put and discus and core fundamentals in sprint mechanics. The camp will run . Camp

Sessions: Incoming 3rd-12th Grade: 8:00-10:00am Campers who pre-register will receive a camp t-shirt!

Come join the fun!

**Camp Start Date:** June 22, 2026

**Start Time:** 8:00 AM

**Camp End Date:** June 24, 2026

**End Time:** 10:00 AM

---

**Venue Name:** Apache Track & Field

**Venue Address:** 1801 North Sarah Dewitt, Gonzales, TX 78629

---

**Camp Cost:** \$35.00

**Questions:** Dana Sestak [dana.sestak@gonzalesisd.net](mailto:dana.sestak@gonzalesisd.net) (830) 672 - 6641

**Special Notes:**

Please bring: running shoes, towel and water bottle.

**Medical Info:**

Medical Info:By registering for the Gonzales Track/Cross Country Camp, I certify that my child is physically able to participate in all camp activities. I understand that participation in athletic activities involves inherent risks, including the possibility of injury. I hereby authorize the camp staff, coaches, or representatives of Gonzales ISD to act on my behalf in the event of an emergency, including securing medical treatment for my child if I cannot be reached. I agree to assume all financial responsibility for any medical care or treatment provided. I release and hold harmless Gonzales ISD, Gonzales High School, its coaches, employees, and volunteers from any and all liability, claims, or demands arising from participation in this camp. Additionally, I acknowledge that photos or videos may be taken during camp activities and may be used for school or program promotional purposes.