

## 2021 COPPELL

# TRACK & FIELD AND CROSS COUNTRY

## SUMMER CAMP

WHO: GRADES K-9

WHERE: COPPELL HIGH SCHOOL TRACK

WHEN: JUNE 1-4, 7-10AM (**CROSS COUNTRY**)

JUNE 28-30, 8-11AM (**TRACK & FIELD**)



### CAMPS WILL FOCUS ON

TRACK	CROSS COUNTRY
STARTS · RELAYS · HURDLES · SPEED	RUNNING MECHANICS · PACING
DEVELOPMENT · CORE STRENGTHENING	· DISTANCE RUNNING BASICS ·
LONG JUMP · TRIPLE JUMP · HIGH JUMP ·	INTRO TO INTERVALS ·
SHOT PUT · DISCUS · POLE VAULT	PROPER WARM UP · COOLDOWN

COST: \$125

Registration Link: <https://forms.gle/qFHvDGdQximRhG5J>

PAY ONLINE: [paypal.me/coachbenton](https://paypal.me/coachbenton)

Mail Check to Nick Benton

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