

2023

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# COPPELL TRACK & FIELD AND CROSS COUNTRY

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## SUMMER CAMPS

WHO: GRADES K-9 (2023-24)

WHERE: COPPELL HIGH SCHOOL TRACK

WHEN: MAY 30- JUNE 2, 7-10AM (**CROSS COUNTRY**)

JUNE 20-23, 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**

(Pay by 5/23-XC/ Pay by 6/13-Track to get a camp t-shirt)

**XC REGISTRATION LINK:** <https://forms.gle/8gPHxso9FZzSMJcC7>

**TRACK REGISTRATION LINK:** <https://forms.gle/xdBiRaafDyM241U9>

**PAY ONLINE:** Venmo @Landon-Wren OR paypal.me/coachwren79

**MAIL:** Check to Landon Wren

185 W. Parkway Blvd. Coppell, TX 75019

**CONTACT:** Coach Landon Wren- [lwren@coppellisd.com](mailto:lwren@coppellisd.com) / Coach Eric Hill- [ehill@coppellisd.com](mailto:ehill@coppellisd.com)

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