

2024

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# COPPELL TRACK & FIELD AND CROSS COUNTRY

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## SUMMER CAMPS

WHO: GRADES K-9 (2024-25)

WHERE: CHS9 TRACK

WHEN: MAY 28- 31, 7-10AM (**CROSS COUNTRY**)

JUNE 10-13, 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 · COOL DOWN

**COST: \$125**

(Pay by 5/21-XC/ Pay by 6/3-Track to get a camp t-shirt)

**XC REGISTRATION LINK:** <https://forms.gle/PPrjoYDYhbeVdU618>

**TRACK REGISTRATION LINK:** <https://forms.gle/9wjKKW2TBiQFXnzt6>

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

**MAIL:** Check to Landon Wren

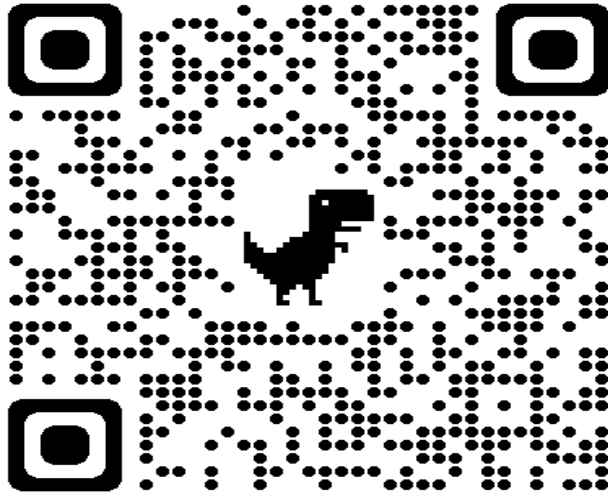
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## CROSS COUNTRY CAMP REGISTRATION



## TRACK & FIELD CAMP REGISTRATION

