

A graphic for a track and field camp. On the left, a grey silhouette of a runner is shown in mid-stride, running on a track with lane numbers 1 through 5 visible. The runner is wearing a red singlet and black shorts. The background is split: the left side is a grey track, and the right side is a solid red field. Text is overlaid on the red field.

TRACK & FIELD CAMP

JUNE 1-4

9 AM - 11 AM

**RUN, JUMP,
THROW**



LOVEJOY TRACK AND FIELD CAMP

Dates: June 1st - 4th

Times: 9:00 AM - 11:00 AM

Location: Lovejoy High School Stadium

Ages: Grades 1st - 8th

What is Included:

Camp T-Shirt
Camp Awards

What to Wear:

Athletic Shoes
Shorts
T-Shirt

What to Bring:

Water Bottle
Snacks

Questions?

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Skills Taught:

Sprinting and Max Acceleration

Running Mechanics

Jumping Mechanics

Relay Handoffs

Long Jump

Triple Jump

Shot Put

Pole Vault

High Jump

Speed Games and Competitions

