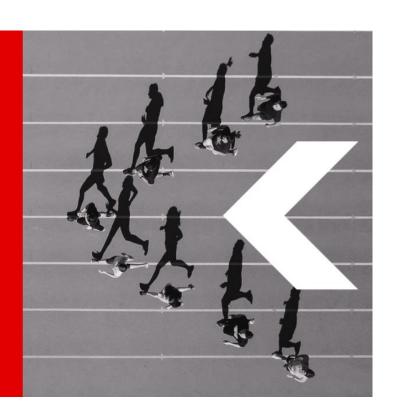
TRACK & FIELD CAMP

JUNE 1-4

9AM - 11AM



LOVEJOY TRACK & FIELD CAMP

Dates: June 1st - 4th

Times: 9:00 AM - 11:00 AM

Location: Lovejoy High School Track

Ages: Grades 3rd - 9th

What is Included:

Camp T-Shirt
Camp Awards

What to Wear:

Athletic Shoes
Shorts
T-Shirt

What to Bring:

Water Bottle Snacks

Questions?

<u>Carly_Littlefield@lovejoyisd.net</u> <u>Logan_Kelly@lovejoyisd.net</u>

SKILLS TAUGHT:

Sprinting and Max Acceleration
Running Mechanics
Jumping / Plyometrics
Relay Handoffs
Hurdle Mobility

Speed Games and Competitions

