

LOVEJOY
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?

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SKILLS TAUGHT:

Sprinting and Max Acceleration

Running Mechanics

Jumping / Plyometrics

Relay Handoffs

Hurdle Mobility

Speed Games and Competitions

