

Boys Track

Sorry, but due to construction, this camp has been cancelled for Summer, 2011.

Do your sons like to run and jump around the house? Is it driving you nuts? Then why not send them to the Hersey Track and Field Camp where they can expend that energy constructively. This camp is for beginners as well as athletes who have already competed in this sport. This camp will focus on proper warm up techniques, drills to make athletes faster, and specific instruction on various events. Including, but not limited to, long jump, high jump, hurdles, and shot put. Not only will the athletes learn more about the sport, they'll have fun doing it!

Camp #	Grade Levels	Dates	Times	Location	Cost
11069622	5 - 12	July 11 - July 28 (Monday - Thursday)	9:00 - 10:30 am	JHHS Track	\$80

Coaches:

Ken Blazek, Head Boys Track Coach

Brad Robertson, Assistant Coach