

RUN JUMP THROW CAMP

Ages 7-14

www.eteamz.com/RosevilleExpress



FEBRUARY 12-15, 2018

Monday-Thursday · 6-8 pm · **Rain or Shine**

WHAT'S HAPPENING?

Rocklin High School Track & Field team and **REVOLUTION EXPRESS TRACK CLUB** are partnering to put on a Run, Jump, Throw camp to kick off the 2018 spring track & field season.



REGISTRATION

REGISTRATION on site
February 12, 2018 5-6 pm at
Rocklin HS track

COST for the 4-day camp
\$50 (first child in family)
\$45 (second child in family)
\$40 (third child in family)

NOTE Dress in warm layers and always have a sweatshirt, water bottle, and running shoes (track spikes not required). Parents can stay to watch, but need to stay off the track and in-field during the camp.

WHAT WILL YOU LEARN?

RUNNING Correct running form, starts, relay hand-offs, distance techniques

JUMPS High jump, long jump, triple jump, pole vault

THROWS Shot put, discus, javelin, hammer

RACE WALK Correct technique



For questions please contact us at: bookoutgen@yahoo.com

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