



TRACK AND FIELD CAMP SUMMER 2015

Looking for a fun and unique summer experience? Taught in a low athlete to coach ratio, athletes of all levels will enjoy developing skills and fitness in:

- sprints and relays
- middle distance
- hurdles
- jumps
- throws (shot put, javelin, discus)

In a fun and safe environment, participants will also play games, team sports and other related activities, and engage in mini-meets to enhance the track and field experience.

Dates:	Times:	Cost:	Location:
<ul style="list-style-type: none">• July 13-17• July 20-24• July 27-31	<ul style="list-style-type: none">• Full Day from 9:00am to 4:00pm• Mornings Only from 9:00am – 12:30pm	<ul style="list-style-type: none">• Full Day - \$300/week• Mornings Only: \$175/week	Point Grey Secondary School Track (5350 East Boulevard, Vancouver)

For more information and to register, visit our website at www.thunderbirdstrack.org. Register before June 14th and receive a special camp t-shirt and water bottle.

Schedule

Mornings: Track and Field Fundamentals and Conditioning including: sprints and relays, middle distance, hurdles, jumps and throws (shot put, javelin, discus.)

Afternoons: Additional games, team sports and activities (including a visit to the local swimming pool twice a week weather permitting.)

Lunch: Participants must provide their own food and drink. Water is always available but please bring a reusable water bottle.

Attire: All participants must wear running shoes. Afternoon participants should bring a bathing suit and towel. A schedule of daily activities will be provided prior to the start of camp.

Weather: We will have fun in all weather – please bring appropriate attire!

The registration fees paid for this summer camp are eligible for a refundable tax credit in 2015 (to a yearly maximum of \$1,000.) An official tax receipt will be provided which will enable you to claim up to \$1,000 for each child registered. For further details, please contact admin@thunderbirdstrack.org.