



**STOCKTON**  
OSPREYS



**2 DAYS**  
**ONLY \$100**

# Sprint, Hurdle & Jumps Camp

# TRACK & FIELD

## July 5-6, 2017

**Daily Schedule 9:00am - 4:00pm**

**9:00am-9:15am: Arrival & Check-In**

**9:15am-11:30am: Session One**

**11:30am-12:30pm: Lunch (Bring Your Own)**

**12:45pm-1:45pm: Classroom: Nutrition and Strength Training**

**2:00pm-4:00pm: Session Two**

**4:00pm-4:15pm: Pick-up**

**(Athletes entering 8<sup>th</sup> Grade to 12<sup>th</sup> Grade)**

The camp will focus on proper technique for jumping events, drills to prepare for jumping events, sprint mechanics, acceleration, hurdle technique, and proper running form.

**Register at [www.stocktonathletics.com](http://www.stocktonathletics.com)**

*using the Sports Camps/Clinic link under the Inside Athletics tab*

*Any questions please call (609)626-6818 or visit [www.stocktonathletics.com](http://www.stocktonathletics.com)*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Grade: \_\_\_\_\_ School: \_\_\_\_\_

**Check all that apply**

Sprints

Hurdles

High Jump

Long/Triple Jump

Pole Vault

*Mail to: Stockton University • Athletics & Recreation / Summer Camps • 101 Vera King Farris Dr., Galloway, NJ 08205*

*Checks payable to: Stockton University*



Stockton University is an AA/E0 institution.