

2014 Summer Track & Sports Camp



July 14 – 18, 2014
July 21 – 25, 2014

Point Grey Secondary School Track
5350 East Boulevard, Vancouver, BC
Monday – Friday 9:00am – 4:00pm
For children ages 7 – 13



What to expect each day...

Mornings

Mornings will be spent learning the basics of Track & Field at Point Grey Secondary School Track.

- Sprints: 100 – 400 meter training using sprint drill, strength development and starting blocks.
- Middle Distance: 800 meters.
- Jumps: High Jump and Long Jump will be emphasized.
- Relays: team building and baton handoffs.
- Throws: Shot Put, Discus and Javelin.
- All event disciplines will be taught in a safe and fun environment

Lunch

Each child should bring a lunch and snacks to camp each day. Water is always available. Please respect that we are a **“Peanut Free Camp”**

Afternoons

Afternoons will consist of learning and playing different team sports that compliment the track and field skills being learned throughout the week.

Mini Meet

On the Friday of each camp, we will run a Mini Meet that will allow the kids to test out their new skills in the events they’ve learned throughout the week.

Swimming Days

Twice during the week, we’ll head to the local pool for both a workout and to just have some fun swimming. Please bring a bathing suit and towel.

Weather

The camp will go on, rain or shine. So, please be prepared for all weather conditions.

To register call Derrick at: (604) 764-7294 Email: derrick@thunderbirdstrack.org

www.thunderbirdstrack.org