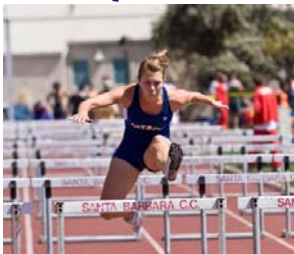


Citrus College Track & Field Summer Camp

2009



CAMP SESSION:

Dates: June 22-July 30 (6 weeks)

Days & Time: Tuesdays & Thursdays from 9:00- 10:30 AM

Age: High School Students only (9-12th grade)

WHAT WILL BE COVERED:

DREAM BIG, WORK HARD, HAVE FUN in the sun at the Citrus College Track Camp! We will provide you with the skills, work ethic, and knowledge necessary to accomplish your goals. In addition you will be able to interact with the Citrus track staff in our newly renovated stadium. The following events will be instructed in an open format during the summer.

- Sprint & Hurdle technique
- Pole Vault technique (B.Y.O.P/= Bring Your Own Pole)
- Hammer & Javelin technique

\$20 for the 6-week session

For Info Contact: Coach Nicki Shaw, 626-914-8652



Mail completed application and \$20 to
Citrus Track and Field Camp
1000 West Foothill Blvd
Glendora CA 91741



APPLICATION:

Name: _____

Grade: _____ Age: _____

Event(s): _____

Address: _____

City: _____

Zip: _____

Home or Cell Ph#: _____

E-mail: _____

High School: _____