

RUNJUMPTHROW CAMP

www.RevolutionExpressTrackClub.com

Grades
1st - 8th



Free T-shirt to
first 50 athletes
to pre-register

FEBRUARY 8th, 2020 - Saturday

9:00am – 5:00pm Rain or Shine (No Refunds)

WHAT AND WHERE?

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 2020 spring Track & Field season.

Where: Rocklin High School Track
5301 Victory Ln, Rocklin, CA



REGISTRATION INFO

REGISTRATION Go to CoachORegistration.com. Click on red Register button & Scroll down to February 8th, 2020. Click on **RETC's 2020 Run, Jump, Throw Camp**

REGISTER BY: February 8, 2020

COST all day camp - \$75

NOTE Dress in warm layers and always have a sweatshirt, water bottle, and running shoes (track spikes not required).

Bring Sack Lunch and Snacks. No microwave or refrigerator available.

Parents are welcome to stay and 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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