



ADM BOYS & GIRLS TRACK & FIELD



FUTURE CHAMPIONS CAMP

MONDAY, JUNE 23RD - THURSDAY, JUNE 26TH

K-3



4-7

LEARN THE SKILLS OF TRACK & FIELD!

- Team Lap + Warm-up
- Hurdles
- Block Starts
- Running Mechanics
- Hand-offs
- Long Jump
- Shot Put
- Stretchiing



- Three Practices (MTW)
- Camp T-Shirt
- Daily Ice Pops
- Split Sessions
 - K-3, 10:15am-11:15am
 - 4-7, 11:30am-12:30pm
- Thursday Mini-Meet
 - K-7, 10:15am-12:15pm

