

# 2017 GAHANNA LIONS TRACK AND FIELD CAMP



-June 14-15-16

-6:30pm – 8:30pm on June 14th

-8:30am – 10:30am on June 15<sup>th</sup> and 16<sup>th</sup>

## -Lincoln High School Stadium Track

Open to Boys and Girls, 1<sup>st</sup> through 12<sup>th</sup> grade

Teaching Technique and training in the following areas:

**Sprints** (form, explosion, turnover, endurance speed) **Distance** (aerobic conditioning, event tactics, form)

**Jumps** (high jump, long jump, triple jump technique) **Hurdles** (technique) **Pole Vault** (technique)

**Throws** (shot and discus training)

\*Snack provided at the end of each session

\*Camp T-shirts given out

\*Boys and Girls “Camper of the Week” award given on last day

Camp run by Gahanna Lincoln HS Girls and Boys staff, along with athletes from 4 time State Champion Lincoln Girls Track and Field team along with athletes from the Boys Track and Field Team

Cost: \$50 per camper. Payment can be made up to and including the first day of camp

Make check payable to: Gahanna Lincoln Athletic Boosters – **Girls and Boys Track and Field**

Please complete the bottom and return with payment to : Gahanna Lincoln High School  
Attention: Roger Whittaker/Varsity Girls Head Track  
140 S. Hamilton Rd, Gahanna, Oh 43230

Questions:

Contact Coach Whitt

School- 614-478-5500

Email- whittakerr@gjps.org

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Name \_\_\_\_\_ Age \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Grade \_\_\_\_\_ (just completed) School attending next year \_\_\_\_\_

Youth T-shirt size XS S M L XL Adult T- shirt size XS S M L XL 2XL

Email (parents) \_\_\_\_\_