

#2409 Track and Field Club

Going into Grades 3 - 6

Designed to provide an overview and introduction to all aspects of track and field including This is a great opportunity for youth who would like to learn more about Tack & Field and how to train to be successful. Varsity Track Coach's will work with these young atletes to teach them proper streticing, running, and field event training.

4 Sessions Wed., April 15 – May 6 (May 13th make-up date)

3:10 – 4:30 pm

CHS, Track

Fee: \$35 (includes a short)



#5124TF Introduction to Track and Field Camp

Going into Grades 1-8

Designed to provide an overview and introduction to all aspects of track and field including training for the events, rules of the sport, and competitive strategies. Camp will work on distance events, jumping events, throwing events, hurdles, sprints and relays. Participamts will learn how track and field can prepare them for a futre in track and also other sports. First four days will focus on field and running events and on day 5 we will host a mini Track Meet. Fee includes a T-shirt and water bottle.

5 Sessions Mon. – Fri., Aug 10 - 14

Section A: Grades 6 - 8 9 – 10 am

Section B: Grades 3 - 5 10 – 11 am

Section C: Grades 1 & 2 11 am – 12 noon

Cost: \$35

All days will be at Central High School Track

Register for these activities online at www.dist108ce.org, by calling the Community Education Office at 952-467-7391 or sending your registration to: Community Education, PO Box 367, NYA MN 55368. You can also drop off completed registrations at our office located inside Central Elementary School.