

# SPARTANS

## COMPLETE CHAMPION TRACK & FIELD CAMP



**Dates:** Monday, March 25 - Friday, March 29

**Time:** 9:00 am - 12:00 pm

**Location:** Walnut Grove Secondary, Langley

**Ages:** Boys & Girls 9 - 18

**Cost:** \$185

### TWU SPARTANS TRACK & FIELD CAMP

Participants will experience high performance coaching as well as interaction with select Spartan varsity track & field athletes through training sessions and activities. This camp will provide insight and exposure into the Spartan Athletics Complete Champion Approach™ alongside some key elements of becoming a high school cross-country and track & field athlete.

#### CAMP HIGHLIGHTS:

- Running mechanics, technical expertise in jumping, throwing and relays.
- Instruction of skills used in all events.
- Development of talents, interest, as well as personal improvement and FUN!
- Elite older group trained in advanced techniques.

#### TO BRING:

- Nutritious snacks
- Appropriate attire for the weather rain or shine (shorts, T-shirt, shoes).
- Water bottle and any medications for allergies, asthma, etc.
- FORMS that can be found at [gospartans.ca/camps](http://gospartans.ca/camps)

For more information about track & field camps contact: [spartancamps@twu.ca](mailto:spartancamps@twu.ca)



# GOSPARTANS.CA/CAMPS