



TRACK & FIELD

# SUMMER CAMP



Who: Boys & Girls

Dates: 6/26-8/3

Days: Tuesday-Wednesday-Friday

Time: 9:00am-12:00pm

Location: FVHS Track

Cost: \$100

No pre-registration required, just attend the first day of camp.

Camp members will learn principles of biomechanics, participate in high level aerobic conditioning, and will be guided through plyometric exercises. The skills and techniques necessary to be successful in track and field will also be emphasized. Come and experience focused practices that will challenge and bring the best out of you! Athletes who wish to run track and field at Fountain Valley are strongly encouraged to attend.

Sport: Track and Field

Location: FVHS Track

Equipment: Athletic clothing, running shoes

What to bring: Water, granola bar, or a small snack

Email: [bbivens@hbuhsd.edu](mailto:bbivens@hbuhsd.edu) Contact Phone: (714) 356-4386

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