

“Track & Field - Sports Academy”

Track and field drills are dynamic exercises that help improve running form, speed, and efficiency, including drills like high knees, butt kicks, and straight leg runs. They can be used for warm-ups, speed work, or improving specific aspects of running technique. Campers will be introduced to various drills during camp.



Hard work will be on display at this Academy!

- Campers needed to bring -

Sneakers & Track Shoes

Camp issued Practice Gear - (everyday no exceptions)

Water Bottle

{2} Towels

Extra Socks

Travel Bag

White T-Shirts (under practice gear)

Great Attitude



- The Track Experience -

Academy Instruction

Sprint - Skills Training

In youth track and field, starting blocks are used by sprinters in events like the 60m, 100m, 200m, and 400m to gain a powerful and explosive start by providing a stable base to push off from. Campers will be taught the proper way to use the starting blocks



- *Sprints* -

Academy Instruction

Relay - Skills Training

In youth track and field, common relay race events include the 4x100 meters (sprint relay) and the 4x400 meters, where teams of four athletes run different legs and pass a baton to each other. Campers will learn the fundamentals of lane changing, proper handoff, and teamwork.



- Relays -



Academy Instruction

Conditioning - Skills Training

Adding conditioning drills for kids into their weekly sports practices can help them improve their speed, strength, reaction time, coordination, and confidence. The combination of all of the above will introduce during the camp.



- Distant Running -



Academy Instruction

Field Events - Skills Training

Organize a training session for an entire track and field team. Introduce new concepts to beginners. Or help intermediate competitors boost their performance and break their personal records. Simple, fun workout ideas to teach the fundamental skills of long jumping, Disc, and high jump will be introduced at camp.



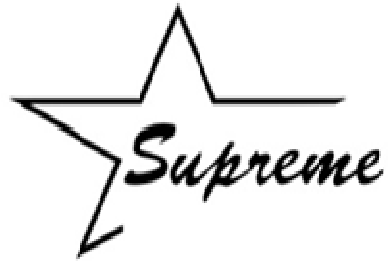
- Field Events -



Campers receive (2) sets of practice gear to wear at camp. Travel bags with logo will also be issued to all campers. Campers must be in full camp gear while on the camp site. Campers are responsible for their practice cleats preferably black. Campers will also be provide with water bottles and camp bags to bring the gear to camp.



- Campers' Gear -



Items needed for registration

Parent's ID

Update picture of your child

Any medical restrictions, we need to know about

Practice Gear Sizes - (Shirts & Shorts)

Class schedules for tutoring

Academy Hours & Sessions

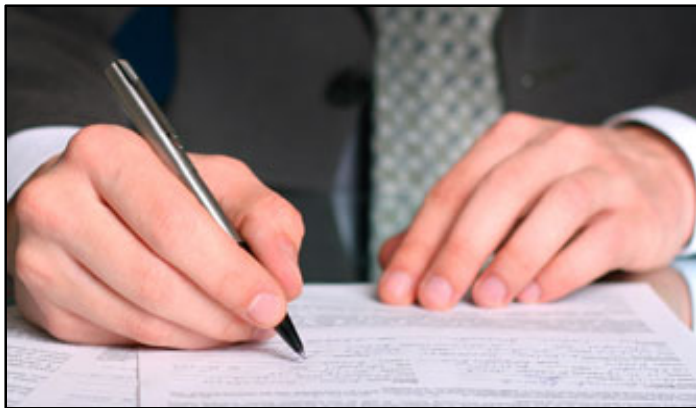
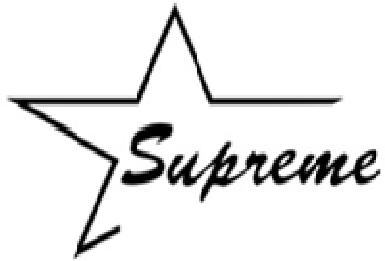
(TBA)

Holiday, School Break, Summer Camps Available

Full Day / 8am - 6pm / TBA



- Registration Information -



Monthly Tuition / TBA

Boys' Basketball - Program

Academy tuition cover the cost for the entire monthly academy experience, which includes the sports training experience, and daily meals.

Program deposit of (TBA) is required at time of registration. The deposit cover the 1st month tuition, t-shirts & shorts, travel bag, and administration fees.

TBA - monthly tuition discount for multiple family members are available at the time of registration.

Payment methods accepted;

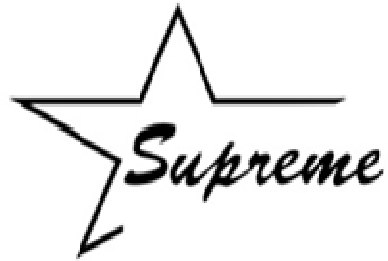
School's Payment Portal

No Cash App payments will be accepted.

Holiday & School Break Camp Available - TBA



- Students' Registration Information -



For more information Contact Us

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Academy Hotline / 470 – 494 – 0292

Website: www.coreathletics.org

Academy - Executive Directors

Jerome Smith

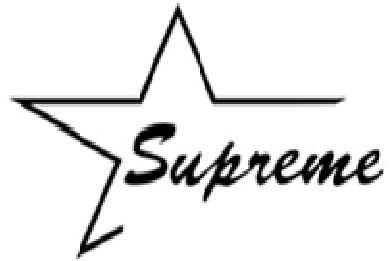
470 - 710 - 4373

Rashid Caraway

919 - 376 - 7167



- Contact Information -



***Come be apart of the Best Sport
Academy Program in the nation!***

A place where kids can be kids!



- Welcome Information -