



“The Ultimate Summer Sports Camps for Kids”

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

Distant Running - Skills Training

Campers will be taught the art of the distant running. Coaches will implement tools for pacing , when to excecrate, and how to sprint to the finish. These key elements will be on full display during our camp.



- Distant Running -

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.



- Conditioning -



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 -