

Warrior Track Camp



For: male and female high school athletes

Where: Waubonsie Valley Track

When: June 6th (or the first weekday of the summer) – July 1st

Distance: Mon, Tue, Thurs, Fri @ WVHS 7:30-9am

Wed @ McDowell Forrest Preserve 7:30-9am

Saturday @ Blackwell Forest Preserve 7:30-9am

Sprinters/Jumpers: Sign up for weight training speed camp and coach Gowing will run a track session from there

Throwers: Times to be determined later with Einbecker

Instructors: WV Boys' and Girls' coaching staff

Cost: \$50 (includes cost of WV cross country camp)

Spend time learning the drills and techniques that the Waubonsie Valley track athletes use to train in all event areas. Event areas that are emphasized include: distance running, sprint starts, form drills, hurdles, long jump, triple jump, and high jump. Also, learn the beginning drills for pole vault.

Send to
Kevin Rafferty
2590 Route 34
Aurora, IL 60504

Questions?
Contact
kevin_rafferty@ipsd.org
630-450-3204

Name: _____ T-Shirt Size: S M L

Address: _____

Home Phone(____) _____ Emergency Phone (____) _____

Grade level for 2017-2018 _____ School _____