

# 2018 GAHANNA LIONS TRACK AND FIELD CAMP



June 18-19-20

8:30am-11:30am

Lincoln High School Stadium Track

Open to Girls and Boys, 1<sup>st</sup> through 12<sup>th</sup> grade

Teaching Technique and training in the following areas:

Sprints (form, explosion, turnover, endurance speed)

Distance (aerobic conditioning, event tactics, form)

Jumps (high jump, long jump, technique)

Hurdles (technique)

Pole Vault (technique)

Throws (shot and discus training)

\*Snack provided at the end of each session

\*Camp t-shirts given out

\*Effort awards on last day

Camp run by Gahanna Lincoln HS Girls and Boys staff, along with athletes from 5-time State Champion Lincoln Girls Track and Field and members of the 2018 State Runners-up Boys team.

Cost: \$50 per camper. Payment can be made up to and including the first day of camp

Cash OR Check. For checks make payable to: Gahanna Lincoln Athletic Boosters, ATTN Girls and Boys Track and Field.

Please complete the bottom and return with payment to:

Gahanna Lincoln HS

ATTN: Roger Whittaker, Head Girls Coach

140, S. Hamilton Rd, Gahanna Oh. 43230

Questions? Contact Coach Whitt Phone- 614-478-5500. Email- [whittakerr@gjps.org](mailto:whittakerr@gjps.org)

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Name \_\_\_\_\_ Age \_\_\_\_\_ Grade going to \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_ School attending next Fall \_\_\_\_\_

Youth t-shirt size XS S M L XL Adult t-shirt size S M L XL 2XL

EMAIL (parents) \_\_\_\_\_

