



Gahanna Track and Field Camp!!

Mon, June 18th- 8:30-11:30 am

Tues, June 19th- 8:30-11:30 am

Weds, June 20th – 8:30-11:30 am

Who? Boys and Girls grades 1-12

Cost? \$50

Who runs it? Gahanna Lincoln HS Track Staff along with 5-time Indoor State Champion and 2015 Outdoor State Champion Girls Team members plus members of the 2018 Outdoor Runner up Boys Team.

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 daily session

*Camp T-shirts given out

*Effort awards on last day

Payment can be made up to and including the first day of camp, Cash or Check.

Make checks payable to: Gahanna Lincoln 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 T&F
140, S. Hamilton Rd. Gahanna Oh. 43230

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Name _____ Age _____ Grade moving into _____

Home address _____

City _____ Zip _____ Phone _____ School attending in the Fall _____

Youth t-shirt size XS S M L XL

Adult t-size S M L XL 2X



Contact: Roger Whittaker- 614-478-5555. Email- whittakerr@gjps.org