



2019 GAHANNA LIONS TRACK AND FIELD CAMP



When: June 17, 18, & 19 from 8:30-11:30 a.m.

Where: Lincoln High School Stadium Track

Who: Boys and Girls, 1st through 12th grade

Questions: Coach Whitt, 614-478-5500, whittakerr@gjps.org

Camp run by Gahanna Lincoln High School girls and boys staff, along with athletes from 7 time State Champion Lincoln Girls Track and Field team plus State champion athletes from the Lincoln Boys Track and Field team.
Snack provided at the end of each session.



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, triple jump technique

Hurdles: technique

Pole Vault: technique

Throws: shot and discus training

Cost: \$60 per camper. Cash or check payment can be made up to and including the first day of camp.

Make checks payable to: Gahanna Lincoln Athletic Boosters – Girls & Boys Track and Field

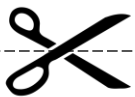
Please complete the bottom and return with payment to:

Gahanna Lincoln High School

Attn: Roger Whittaker, Varsity Girls Head Track

140 S. Hamilton Road

Gahanna, OH 43230



Name _____ Age _____

Home Address _____

City _____ Zip _____ Phone _____

Grade _____ (present) School Attending Next Year _____

Youth T-shirt Size XS S M L XL

Adult T-shirt Size Size XS S M L XL

Email (Parents) _____