

LAHS Head Coach Nathan Howard's Summer Track & Field Camps 2017



*Open to any athlete (male or female) entering grades 3-12 who is interested in Track & Field!

The purpose of this camp is to expose the athlete to Track & Field and to teach proper running form, which will improve performance in all sports! Any younger runners are encouraged to join and run; their workouts will be modified to meet their needs and they are encouraged to train with us. Conditioning will also be included in the camp! Track athletes will be trained in various track events and receive track specific coaching. They will sprint, jump, hurdle and throw. Bring all your workout gear, a water bottle and a positive attitude!

Along with Coach Howard, many of the current Griffin coaching staff and former athletes will be there to instruct students in all disciplines of Track and Field!

Registration: Go to www.LAEF4kids.org/programs

Click on "All Summer Programs"

Choose "Summer Sports Camps" from the "Season" pull-down menu, then click "Apply Filter"

Find your session(s), create a profile/log-in and sign up!

You may also select the Coach's name in the "Instructor" pull-down menu to further filter the camps.

Questions? Email Nathan at coachhoward@gmail.com or call (562) 544-1572 (email preferred)

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LAHS Track and Field Complex
3591 Cerritos Ave., Los Alamitos 90720

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LOS ALAMITOS EDUCATION FOUNDATION

LAHS Head Track & Field Coach Nathan Howard's Summer Weight Training Camp 2017

**High School Level Weight Training/Strength Training/Conditioning
June 19th – July 28th on Mon., Wed. and Fri.
Grades 7th-12th: 11:00 am to 1:00pm**

**LAHS Weight Room
3591 Cerritos Ave., Los Alamitos 90720**

**Gain strength and be properly conditioned for your sport and prepare
for any and all sports with proper lifting form!**

Cost: \$225 per session (includes a t-shirt)

What to bring: Proper shoes and good attitude

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