



WOLFPACK TRACK CAMP

June 10-13, 2018



Jumps / Sprints / Hurdles

CAMP INFO

Hosted by Coach Chris Coleman
North Carolina State University

With a total of eight power packed sessions, the Wolfpack Track Camp will instruct & demonstrate the proper running technique, sprint mechanics, block starts, relay handoffs for sprinting. Also includes specialized training for short and long hurdlers.

Jumpers will receive technical expertise for proper runway mechanics, take-off and body positions, landing techniques, and proper phase work for each of the horizontal jumps and vertical jumpers.

In addition to speed development specific to track & field, this year we are implementing basic speed training for all sports. Therefore the camp will include speed training for athletes participating in soccer, baseball, softball, basketball and football.

WHO CAN ATTEND

- Boys / Girls
- Ages (13-18)
- HS Coaches

CAMP TOPICS

- Meet Prep
- Nutrition
- Goal Setting
- Weight Training

RECREATIONAL

- Movie/Motivational
- Talent Show
- Pool Party
- Game Night

Brochure and complete details visit - www.nctrackcamp.com

PRE-REGISTRATION (Before June 1st)

Online Registration, proof of insurance & check/money order payable to: **ALLSTAR TRACK CLUB**

ON-SITE REGISTRATION

Bring completed registration form, proof of insurance and money order to camp on June 10, 2018

Call: 919-812-2001 or email: nctrackcamp@gmail.com

COST: \$400 for Overnight camper including meals / \$340 for Day campers including meals
Registration deposit is \$100.00 (Non-Refundable)