



2008 CCHS Track and Field Training Camp

**CCHS Inaugural Track and Field
Training camp for 5th-9th Graders**

July 21-23 ~ 8-10 AM ~ CCHS Track

Over the three day camp we will cover training principles, strength training for young athletes, nutrition, proper running form, practice and race day preparation, race strategy, stretching, and goal setting. On the last day of the camp we will have an actual meet to reinforce principles taught to athletes.

Enrollment Fee: \$50.00 per child,
\$35.00 per additional child in same household.
Fee includes Camp T-Shirt, drinks and snacks.

Deadline for enrollment is Friday, June 27,
2008

To enroll, please contact:

Coach DeWayne Griffin

(309)-287-1335

dewaynegriffin@hotmail.com

Sectional Champs

