



PROVIDENCE CATHOLIC H.S. TRACK AND FIELD CAMP

JULY 18- JULY 21

**EMPHASIZING SPEED ENHANCEMENT and TRYING THE
DIFFERENT EVENTS IN TRACK AND FIELD**

ELIGIBILITY: Boys or girls entering 4th through 9th grade
PLACE: Providence Catholic's polyurethane 400m track
NEW TIME: 6:00 p.m. to 8:00pm (Monday through Thursday)

CAMP FEATURES: The emphasis of this camp is on speed development and teaching young athletes about the various events in Track and Field. Participants will be taught proper running technique, as well as, participation in various drills and exercises to improve their speed and athletic ability. Athletes will be using resistance belts, parachutes, weight sleds, as well as, many other forms of plyometric drills.

There will be various competitions and instruction in the following events: 100m dash, 200m dash, 400m dash, hurdles, high jump, long jump, pole vault, and team relays. Other features include: videos, block starts, hand-offs, and various exercises and drills to improve their speed.

In case of rain, campers will be brought inside for videos and drill work.

Whether you are a beginner in track or an experienced athlete, there is something for you!

Registration & Fees: \$100

Fee includes: T-Shirt, awards, PCHS athletic pass, and secondary insurance. Make checks payable to **MARK COGLIANESE**

Register online and mail check to: Providence Athletic Dept. 1800 W. Lincoln Hwy. New Lenox, IL 60451 Attn: Coach Cogs

Questions: Call Coach Coglianesse. PCHS (815) 717-3150 or email at
mcoglianesse@providencethecatholic.org