

TIGER TRACK AND FIELD SUMMER CAMP

THE TRAVIS TIGER TRACK AND FIELD CAMP IS FOR YOU!!

Track and Field has a lot different events that you can participate in. You don't have to be super fast or able to run far. In fact, you don't need any prior experience. From sprinting, running distances, relays, hurdles, throwing, jumping high or far, there is something in it for everyone.



So, why do track and field?

There are many reasons why you should do track and field. These are just a few of them:

- ◆ It's Co-ed! Boys & girls compete together.
- ◆ It's fun! A great way to have fun and be fit at the same time.
- ◆ It is an individual sport and a team sport all at once. You compete for yourself, but you earn points for the team.
- ◆ The opportunity exists to one day earn scholarship money towards college!!



NO PRIOR RUNNING EXPERIENCE NEEDED!!

Location: Travis High School

11111 Harlem Rd. Richmond TX., 77406

Grades: 5th –12th

Cost: \$80 per session

Camp Dates:

Session I: June 13th –29th

Session II: July 10th –27th

Time: 6:30 to 7:30 p.m.

Days: Tues-Thurs

***Each participant will receive a T-shirt**

Track and Field Events you can try....

100 M (one straight away of the track)

200M (1/2 lap)

400M (1 lap)

800 M (2 laps)

1600M (4 laps)



100M High Hurdles (Girls 1 straight away)

300M Intermediate Hurdles (3/4 lap)

Long Jump (run and jump as far as you can)

Triple Jump (run, hop skip and jump)

High Jump (jump as high as you can)

Pole Vault (Run, use a pole and jump)

Shot Put (throw a weight as far as you can)

Discus (throw a disc as far as you can)

Participants will receive individualized skill development in all track events and receive specific training for proper running form, field-event technique, plyometric drills, running games, and much more!

For more information contact :

Coach Odom-Girl's Head Coach

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***This organization and its activities are not related to, or sponsored by, Fort Bend Independent School District**