

TRACK & FIELD SUMMER STRENGTH CAMP

WHAT: Functional strength training designed to improve performance for track & field athletes. Workouts are geared towards sprinters/jumpers/hurdlers, and no previous experience with weight training is required. Early sessions will focus on learning proper lifting technique and implementing a training plan to last throughout the summer.

WHERE: Cal High weight room

WHEN: June 17 - August 8

Mon/Wed/Thurs of each week, 7:00-8:30pm

COST: \$200 per person for the entire 8-week program. All participants will receive 2 camp t-shirts and a personalized training log. Payments will be made through the Cal High Future Fund site.

For more info, please email Coach Karbo at mkarbo@sruvsd.net

