

# RUNJUMPTHROW CAMP

Grades 1-8

[www.eteamz.com/RosevilleExpress](http://www.eteamz.com/RosevilleExpress)



Free T-shirt to  
first 50 athletes  
to pre-register

## FEBRUARY 9<sup>th</sup>, 2019 - Saturday

9:00am – 5:00pm Rain or Shine

### WHAT'S HAPPENING?

Rocklin High School Track & Field team and REVOLUTION EXPRESS TRACK CLUB are partnering to put on a Run, Jump, Throw camp to kick off the 2019 spring track & field season.



### REGISTRATION INFO

**REGISTRATION** Go to CoachORegistration.com. Scroll down to February 9<sup>th</sup>. Click on [RETC's 2019 Run, Jump, Throw Camp](#)

**REGISTER BY:** February 5th

**COST** all day camp - \$60

**NOTE** Dress in warm layers and always have a sweatshirt, water bottle, and running shoes (track spikes not required).

Bring Sack Lunch and Snacks. No microwave or refrigerator available.

Parents are welcome to stay and watch, but need to stay off the track and in-field during the camp.

### WHAT WILL YOU LEARN?

**RUNNING** Correct running form, starts, relay hand-offs, distance techniques

**JUMPS** High jump, long jump, triple jump, pole vault

**THROWS** Shot put, discus, javelin, hammer

**RACE WALK** Correct technique



For questions please contact us at: [bookoutgen@yahoo.com](mailto:bookoutgen@yahoo.com)

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