

THOUSAND OAKS

Track and Field Summer Camp

INFORMATION:

The Youth Track & Field Camp is offered as an opportunity for children of every ability level to get involved in the sport, including those who have never participated in track and field.

Camp Location:

Thousand Oaks High School

Agenda:

- **Basic Introduction followed by Core & Strength**
- **Breakout Sessions**

Campers will try their hand at multiple running and field events including the high jump, long jump, shot put, and hurdles. Some sessions will also include a beginner's introduction to pole vault for those interested. The focus is on finding each camper's individual strengths, while having fun out at the track!

Three Camp Sessions:

SESSION 1 – One Day.....\$90

Sunday • June 21, 2015 • 5:00-8:00 pm

SESSION 2 – One Day.....\$90

Sunday • June 28, 2015 • 5:00-8:00 pm

SESSION 3 – One Week.....\$200

Monday through Friday • June 29 – July 3, 2015
4:00-7:00 pm

All camp sessions are for ages 8 through High School

REGISTRATION:

Register online through the Thousand Oaks Flyers registration portal at:

<http://sports.bluesombrero.com/toflyers>

Or in person at the first day of camp.

For questions please contact:

Sports Scholarships USA

Phone: 818-231-4504

eMail: t.spencer@sportsscholarshipsusa.com

CVPRD

Conejo Valley Parks & Recreation District

VCYTC

Ventura County Youth Track Conference

SSU

Sports Scholarships USA