

# LAHS Head Coach Nathan Howard's Summer Track & Field Camps 2018



Session 1: June 18<sup>th</sup> – June 29<sup>th</sup> - 10:00-11:30 am  
Session 2: June 18<sup>th</sup> – June 29<sup>th</sup> - 1:00-2:30 pm  
Session 3: July 2<sup>nd</sup> – July 13<sup>th</sup> - 10:00-11:30 am  
Session 4: July 2<sup>nd</sup>- July 13<sup>th</sup> - 1:00 to 2:30pm  
\*Open to Incoming Grades 3-12  
Cost: \$225  
LAHS Track and Field Complex  
3591 Cerritos Ave., Los Alamitos 90720

\*Open to any athlete (male or female) entering grades 3-12 who is interested in Track & Field!

**The purpose of this camp is to expose the athlete to Track & Field and to teach proper running form, which will improve performance in all sports! Any younger runners are encouraged to join and run; their workouts will be modified to meet their needs and they are encouraged to train with us. Conditioning will also be included in the camp! Track athletes will be trained in various track events and receive track specific coaching. They will sprint, jump, hurdle and throw. \*Bring all your workout gear, a water bottle and a positive attitude!**

**Along with Coach Howard, many of the current Griffin coaching staff and former athletes will be there to instruct students in all disciplines of Track and Field!**

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**Registration:** Go to [www.LAEF4kids.org/programs](http://www.LAEF4kids.org/programs)

Click on "All Summer Programs"

Choose "Summer Sports Camps 2018" from the "Season" pull-down menu,  
then click "Apply Filter"

Find your session(s), create a profile/log-in and sign up!

You may also select the Coach's name in the "Instructor" pull-down menu to further filter the camps.

Questions? Email Nathan at [coachhoward@gmail.com](mailto:coachhoward@gmail.com) or call (562) 544-1572 (email preferred)

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