

LAHS Head Coach Nathan Howard's Summer HS Track and Field Camps

Sprints : June 18th – July 13th - 8:30-10:30 am
Jumps: June 18th – July 13th - 8:30-10:30 am
Throws: June 18th – July 13th - 8:30-10:30 am
Hurdles: June 18th – July 13th - 1:30-3:30 pm
Pole Vault: June 18th – July 13th - 1:30-3:30 pm
Weights: June 18th – July 28th - 10:30-12:30 pm

HS AGE ATHLETES ONLY (Grades 8-12)

Cost: \$225

**LAHS Track and Field Complex
3591 Cerritos Ave., Los Alamitos 90720**

***Open to any athlete (male or female) entering grades 8-12 who is interested in Track & Field!**

The purpose of this camp is for SPECIFIC instruction in various Track and Field techniques. You can also explore other events. These are workout-based camps focused on technique, teaching and improvement.

**Coach Howard will coach the Throws
Coach Jones will coach the Sprints
Coach Goodin will coach the Hurdles
Coach Trent will coach the Jumps
Coach Tully will coach the Vault**

Coach Tribble and above coaches will coach and supervise in the weight rooms.

Registration: Go to www.LAEF4kids.org/programs

Click on "All Summer Programs"

Choose "Summer Sports Camps" 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 or call (562) 544-1572 (email preferred)

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