

LAHS Head Coach Nathan Howard's Summer Track & Field Camps 2019

Session 1: June 3rd – June 14th - 9:00-11:00 am

Session 1A: June 3rd – June 14th - 1:00-3:00 pm

Session 2: June 17th – June 28th - 9:00-11:00 am

Session 2A: June 17th- June 28th - 1:00 to 3:00 pm

Session 3: July 1st – July 12th – 9:00-11:00 am

Session 3A – July 1st – July 12th – 1:00-3:00 pm

***Open to Incoming Grades 3-12**

A = Afternoon

Cost: \$225

McAuliffe Middle School

4112 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!

Registration: Go to www.LAEF4kids.org/programs

Click on "All Summer Programs"

Choose "Summer Sports Camps 2019" 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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