

LAHS Head Coach Nathan Howard's Summer Track & Field Camps 2022

*Session 1: June 13 – 24	9:00-11:00 am
*Session 2A: June 13 – 24	1:00-3:00 pm
**Session 3: June 27 – July 8	9:00-11:00 am
**Session 4A: June 27 – July 8	1:00-3:00 pm
**Session 5: July 11 – 22	9:00-11:00 am
^Session 6: July 11 – 22	9:00-11:00 am
^Session 7A: Throwers/Drills Jun 29 – Jul 30	1:00-3:00 pm



*Open to any athlete (male or female) entering grades 3-9 who is interested in Track & Field!

**Open to Incoming Grades 3-12

^Open to Incoming Grades 9-12

A = Afternoon

Cost: \$250

Discount for the 3 morning Sessions (sessions 1, 3, 5): \$450

**Los Alamitos High School Track
3591 W. Cerritos Ave., Los Alamitos 90720**

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 LAEF4kids.org/camps

Click on the "Register Now" button

Choose "Summer Sports Camps 2022" 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)

Email LAEF at info@LAEF4Kids.org or call (562) 799-4700 ext. 80424

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