

LAHS Head Coach Nathan Howard's Summer Track & Field Camps 2024



*Session 1: June 10 – 21	9:00-11:00 am
*Session 2A (afternoon): June 10 – 21	3:00-5:00 pm
**Session 3: June 24 – July 5	9:00-11:00 am
**Session 4A (afternoon): June 24 – July 5	3:00-5:00 pm

*Open to any athlete (male or female) entering grades 3-8 who is interested in Track & Field!

**Open to Incoming Grades 3-12

A = Afternoon

Cost: \$250

Discount for 2 Sessions: \$350

McAuliffe Middle School Track

4112 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. Some conditioning will 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 2024" 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 (text/email preferred)

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

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