

Bulldog Advanced Track & Field Camp

Grades 6-12

JUNE 16, 17, 18 (TU-TH) 6:00-7:30 pm

JUNE 23, 24, 25 (TU-TH) 6:00-7:30 pm

6 Total sessions– FOCUS on 2 events max per week

COST: \$60.00 / 70 / 80

This program is designed to teach athletes the technical aspects of the following event areas: Pole Vault, Hurdles, Shot Put & Discus, Long & Triple Jump, High Jump, Sprinting Form, Block Starts & Relays. This program is designed for those who want to work on specific event components and improve performance in those events for next season or athletes who want to try track for the first time. The Batavia High School Coaching Staff & their combined 100+ years of experience will work directly with athletes during this 6 session clinic.

Instructors: Batavia High School Coaching Staff

(each event will have an event expert coach teaching the event area)

Location: Batavia High School Track

Bulldog Youth Track & Field

Grades 1-6

July 7 – July 30 (TU-TH) 6:00-7:30 pm

8 Total sessions

COST: \$70.00 / 80 / 90

This four week camp is designed to teach athletes the various events in track & field. Two track meets are scheduled to try events and compete for personal bests. Fee includes supervised sessions, and entry fees for the two track meets on 7/16 and 7/30.

Location: Batavia High School

Instructor: Batavia Track Coaches

Bulldog Pole Vault Camp –Beginner Level

This camp is designed for new or beginning athletes entering grades 6 – 12. Every athlete that comes to camp will learn all of the basic fundamentals of the pole-vault – an exciting and challenging event in Track and Field. All the latest drills and training techniques are demonstrated by Coach Hillman-Batavia High School Pole Vault Coach and her many experienced coaching assistants. We are dedicated to developing Pole Vaulters of all ages and levels. If you are new or are just learning to vault this is the camp for you. Our goal is to provide our students with all the tools, techniques, knowledge and motivation required to excel as a Pole Vault. We are committed to providing a safe and wholesome environment where each athlete can learn to be, "The Best They Can Be".

Poles included, please don't bring any--we have everything
All athletes will receive a t-shirt
(2) coaches at all times

Location: Batavia High School –Track

Instructor: Kate Hillman and BHS Track coaches

Days: Tuesday, Thursday Dates: June 30th – July 30th

Time: 9:30am-11:00am Cost: \$75

Bulldog Pole Vault Camp –Intermediate/advanced Level

This camp is designed for the intermediate/advanced pole vaulter entering grades 10 – 12. Every athlete that comes to camp will review all of the basic fundamentals of the pole-vault as well as learn the latest drills and training techniques to help them improve their vaulting skills. Coach Hillman-Batavia High School Pole Vault Coach and her many experienced coaching assistants will be working with the vaulters as well as demonstrating and teaching all skills and analyzing video of each athlete. We are dedicated to developing Pole Vaulters of all ages and levels. Our goal is to provide our students with all the tools, techniques, knowledge and motivation required to excel as a Pole Vault. We are committed to providing a safe and wholesome environment where each athlete can learn to be, "The Best They Can Be". Poles included, please don't bring any--we have everything

All athletes will receive a t-shirt
(2) coaches at all times

Location: Batavia High School –Track

Instructor: Kate Hillman and BHS Track coaches

Days: Tuesday, Thursday Dates: June 30th – July 30th

Time: 8am – 9:30am

Cost: \$75