2020
TRACK & FIELD CAMP

CONCORDIA
UNIVERSITY
NEBRASKA

WEDNESDAY NIGHT TRACK & FIELD CAMPS   JUNE 3, 10, 17, 24

Every Wednesday night in June from 5 - 7p.m.

CAMP INFORMATION
- We will be covering pole vault and throws
- Maximum of 20 athletes per camp
- Please meet in the indoor track located in the Walz Human Performance Complex

COST
- $80 for a package of 4 sessions
- $25 per session

WHAT TO BRING

Pole Vault: If possible please bring your own poles. If you can't we will have all our pole vault poles available for use. Dress for a normal track practice which would include running shoes, track spikes with ¼" or less pyramid spikes and workout clothes.

Throws: Dress for a normal track practice, including running shoes and your throwing shoes.

TRACK & FIELD SINGLE DAY CAMPS   JUNE

Camp held from 10 a.m. - 12 p.m.

DATES

June 10, 2020 - Long Jump/Triple Jump Camp, or Hurdle Camp

June 11, 2020 - Sprint Camp, or High Jump

June 17, 2020 - Long Jump/Triple Jump Camp, or Hurdle Camp

June 18, 2020 - Sprint Camp, or High Jump

June 24, 2020 - Long Jump/Triple Jump Camp, or Hurdle Camp

June 25, 2020 - Sprint Camp, or High Jump

CAMP INFORMATION
- Maximum of 20 athletes per camp
- Please meet in the indoor track located in the Walz Human Performance Complex

COST
- $60

WHAT TO BRING

Dress for a normal track practice, including workout shoes and event specific competition shoes.

ONE DAY POLE VAULT CAMPS   JUNE 15, 16, 22

Camp held from 9 a.m. - 9p.m.

DATES

June 15, 2020 - Girls Only

June 16, 2020 - Boys Only

June 22, 2020 - Coed-High School Only

CAMP INFORMATION
- We will be covering pole vault
- Maximum of 24 athletes per camp
- Please meet in the indoor track located in the Walz Human Performance Complex

COST
- $125 (Lunch and Dinner provided)

WHAT TO BRING

If possible please bring your own poles. If you can't we will have all our pole vault poles available for use. Dress for a normal track practice which would include running shoes, track spikes with ¼" or less pyramid spikes and workout clothes.

REGISTER AT CUNE.EDU/TFCAMPS