

2019 CONCORDIA UNIVERSITY SUMMER TRACK & FIELD CAMPS



Wednesday Night June Track & Field Camps:

Dates: May 29, 2019 June 5, 2019 June 12, 2019 June 19, 2019

Event areas covered: Pole Vault, Throws, Distance

Time: 5-7pm

Cost: \$80 for package of 4 sessions or \$25 per session (maximum of 20 athletes per camp)

Where to meet: The indoor track located in the Walz Human Performance Complex.

What to Bring:

Pole Vault/Jumps: 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 $\frac{1}{4}$ " or less pyramid spikes, and workout clothes.

Throws: Dress for a normal track practice which would include running shoes and your throwing shoes.

Registration and Information:

<http://www.cune.edu/athletics/teams/track-and-field/camps/>

Track & Field Single Day Camps:

Date:

June 5, 2019 – Long Jump/Triple Jump Camp, or High Jump Camp

June 6, 2019 – Sprint Camp, or Hurdle Camp

June 12, 2019 – Long Jump/Triple Jump Camp, or High Jump Camp

June 13, 2019 – Sprint Camp, or Hurdle Camp

Time: 10:00am – 12:00pm

Cost: \$60 (maximum of 20 athletes per camp)

Where to meet: The indoor track located in the Walz Human Performance Complex.

What to Bring:

Dress for a normal track practice which would include workout shoes and event specific completion shoes.

Registration and Information:

<http://www.cune.edu/athletics/teams/track-and-field/camps/>

2019 CONCORDIA UNIVERSITY SUMMER TRACK & FIELD CAMPS



2 Day Pole Vault Camps:

Dates:

June 17-18, 2019 Boys 2 Day Pole Vault Camp

June 24-25, 2019 Girls 2 Day Pole Vault Camp

Event areas covered: Pole Vault

Time: Day 1: 9am-9pm, Day 2: 8:30am – 4pm

Cost: \$225 Overnight*, \$195 Commuter* (maximum of 24 athletes per camp)

**Overnight includes lodging. Both OVERNIGHT and COMMUTER Camps include meals, pool entry fee*

Where to meet: The indoor track located in the Walz Human Performance Complex.

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. If you are staying overnight, please bring a pillow, towels, sheets or a sleeping bag and spending money for snacks and souvenirs. Meals are provided for campers staying overnight.

Registration and Information:

<http://www.cune.edu/athletics/teams/track-and-field/camps/>