

Track and Field Camp Itinerary August 12th-16th

Day 1: *Introduction to Track and Field*

9:15 am: Welcome- Go over the week's plan.

9:30 - 10:30 am: Warm up with dynamic drills and stretching.

10:30 - 11:30 am: Strength session with strength coach

11:30 am-12:30 pm: Lunch

12:30-1 pm: Swim or tag relays

1-2 pm:

-Basics of sprinting technique and practice drills.

-Sprints from down start

2- 3:30 pm:

-Introduction to the long jump.

-Jumping drills and long jump games.

3:30-4:00 pm: Cool down/stretch

-Dismissal

Day 2: *Sprinting and Hurdles*

9:15 AM: Recap and go over the plan for the day.

9:30 AM - 10:30 AM: Warm up with dynamic drills and Stretching.

10:30 AM - 11:30 AM: Strength session with strength coach

11:30-12:30 pm: Lunch

12:30-1 pm: Swim or tag relays

1-2 pm:

-Basics of sprinting technique and practice drills.

-Sprints from down start

2-3:30 pm:

- Introduction to hurdles with a focus on technique and coordination.

- Hurdle run-throughs.

3:30-4:00 pm: Cool down/stretch

-Dismissal

Day 3: *Jumping Events*

9:15 AM: Recap and go over the plan for the day.

9:30 AM - 10:30 AM: Warm up with dynamic drills and stretching.

10:30 AM - 11:30 AM: Strength session with strength coach.

11:30-12:30 pm: Lunch

12:30-1 pm: Swim or tag relays

1-2 pm:

-Long jump practice.

-Focus on the long jump technique.

2-3:30 pm:

- Introduction to the Triple Jump

- Hurdle run-throughs

3:30-4 pm: Cool down/stretch

-Dismissal

Day 4: *Throws and Long-Distance Running*

9:15 AM: Recap and go over the plan for the day.

9:30 AM - 10:30 AM: Warm up with dynamic drills and Stretching.

10:30 AM - 11:30 AM: Strength session with strength coach

11:30-12:30pm: Lunch

12:30-1pm: Swim or tag relays

1-2 pm:

-Basics of shot put.

-Throwing drills.

2-3:30 pm:

-Long distance run ~mile total jog as a group then a break and stretch.

-Another ~mile jog as a group

3:30-4 pm: Cool down/stretch

-Dismissal

Day 5: Relays

9:15 AM: Recap the week's learnings and go over the plan for the day.

9:30 AM - 10:30 AM: Warm up with dynamic drills and stretching.

10:30 AM - 11:30 AM: Strength session with strength coach.

11:30-12:30 pm: Lunch

12:30-1 pm: Swim or tag relays

1-2 pm:

-Baton exchange basics.

-Short sprint relay with baton exchanges.

2-3:30 pm:

-Long relay- multiple events: focusing on teamwork and speed.

3:30-4 pm: Gentle cool-down exercises and recognition of campers' achievements with awards.

-Dismissal

Campers are advised to bring sunscreen, hats, water bottles, and comfortable athletic attire.