

Girls Track

A must for long distance track and cross-country runners. We build our training base year round. Sprinters, hurdlers, jumpers, and throwers are invited to three hours of speed, power, and skill development.

Camp #	Grade Levels	Dates	Times	Cost
11069721 ⁺⁺	6 - 12	July 11 - July 28 (Monday - Thursday)	7:00 - 9:00 am	\$92
11069722*	8 - 12	July 12 - July 28 (Tuesday, Thursday)	10:00 am - 1:00 pm	\$74
11069711 ⁺⁺	8 - 12	June 13 - July 7 (Tuesday, Thursday)	10:00am - 12:00pm	\$68

NOTE:

⁺⁺Camp #11069721 is distance camp. **Meet at door 32 by tennis courts.**

*Camp #11069722 is sprint, jump, and throws camp. **Meet at Prospect High School Track**

⁺⁺Camp #11069711 is a speed and power camp. **Meet at door 32 by tennis courts**

Coaches:

Jim Miks, Head Girls Track Coach

Danielle Freeman, Assistant Coach

Tricia Moore, Assistant Coach

Steve Kuehn, Assistant Coach

Janet Koepke, Assistant Coach