

RUNJUMPTHROW CAMP

www.RevolutionExpressTrackClub.com

Grades
1st - 8th



Free T-shirt to
first 50 athletes
to pre-register

MARCH 12th, 2022 - Saturday

9:00am – 5:00pm Rain or Shine (No Refunds)

WHAT AND WHERE?

Rocklin High School Track & Field team and **REVOLUTION EXPRESS TRACK CLUB** are partnering to put on a Run, Jump, Throw camp to kick off the 2022 spring Track & Field season.

Where: Rocklin High School Track
5301 Victory Ln, Rocklin, CA



REGISTRATION INFO

REGISTRATION Go to CoachORegistration.com. Click on red Register button & Scroll down to March 12th, 2022. Click on [RETC's 2022 Run, Jump, Throw Camp](#)

REGISTER BY: **March 10, 2022**

COST all day camp -\$85

NOTE Dress in warm layers and always have a sweatshirt, water bottle, and running shoes (track spikes not required).

Bring Sack Lunch and Snacks. No microwave or refrigerator available.

Parents are welcome to stay and watch, but need to stay off the track

WHAT WILL YOU LEARN?

and in-field during the camp.

For questions please contact us at: bookoutgen@yahoo.com

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RUNNING Correct running form,
starts, relay hand-offs, distance
techniques

JUMPS High jump, long jump,
triple jump, pole vault

THROWS Shot put, discus,
javelin, hammer

RACE WALK Correct technique



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