

WILDCAT CUBS

Youth Track and Field Camp

**HOSTED BY THE 2023 SAC-JOAQUIN
GIRLS & BOYS SECTION CHAMPION
WHITNEY WILDCATS**

<https://www.whitneyathletics.com/camps>



CAMP INFO:

- Camp Dates: February 20, 2024 - February 21, 2024
- Cost: \$50 per athlete
- Camp Hours: 1:00 PM - 4:00 PM
- Ages: Open to ALL athletes ages
- Location: Wildcat Stadium
- Address: 701 Wildcat Blvd, Rocklin

CAMP HIGHLIGHTS

- SPRINTS & RELAYS: LEARN TECHNIQUES FOR FAST STARTS AND SUSTAINED SPEED.
- ENDURANCE RUNNING: DEVELOP ENDURANCE STRATEGIES TAILORED TO YOUR INDIVIDUAL STRENGTHS, ENSURING PEAK PERFORMANCE DURING RACES AND LONG-DISTANCE TRAINING RUNS.
- HURDLES: LEARN TECHNIQUES TO MASTER HURDLE CLEARANCE AND EFFICIENT 3-STEP RACE CADENCE.
- JUMPING EVENTS: LEARN PROPER TAKE-OFF TECHNIQUES, FLIGHT MECHANICS, AND LANDING STRATEGIES.
- THROWING EVENTS: LEARN PROPER THROWING FORM AND RELEASE ANGLES TO MAXIMIZE YOUR POWER AND DISTANCE.
- POLE VAULT (MIDDLE SCHOOL AND ABOVE): LEARN TO PROPERLY RUN UP, PLANT, SWING, AND SAFELY CLEAR THE BAR.

QUESTIONS?

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