

OLATHE WEST TRACK AND FIELD SUMMER CAMPS



Youth Camp

- June 7 – 10
 - 10:00am – 11:30am
 - Grades K-6

Middle/High School Camp

- June 21 – 24
 - 9:30am – 11:00am
 - Grades 7-12

THE OLATHE WEST TRACK & FIELD K-6 KID'S CAMP WILL INTRODUCE ATHLETES TO THE MULTITUDE OF JUMPING, RUNNING, AND THROWING EVENTS THAT MAKE UP OUR AWESOME SPORT. PARTICIPANTS WILL BE TAUGHT TWO DIFFERENT EVENTS DAILY CULMINATING IN A MINI-TRACK MEET ON THE LAST DAY OF CAMP, WHERE THEIR RESULTS WILL BE RECORDED SO THEY CAN TAKE THEM HOME. MIDDLE AND HIGH SCHOOL CAMPERS WILL HAVE A CHANCE TO RECEIVE INDIVIDUALIZED COACHING SPECIFIC TO THE EVENTS THEY PARTICIPATE IN. ATHLETES WILL WORK WITH THEIR EVENT COACHES IN ORDER TO IMPROVE THEIR TECHNIQUE AND LEARN DRILLS AND TRAINING METHODS THAT WILL BENEFIT THEM FOR FUTURE SEASONS. CAMPERS ARE EXPECTED TO WEAR RUNNING SHOES AND WORKOUT GEAR EACH DAY. EMAIL QUESTIONS TO COACH DEE BELL:

[DDBELL@OLATHESCHOOLS.ORG](mailto:ddb@olatheschools.org). SIGN UP @ [OWOWLSATHLETICS.COM](http://owowlsathletics.com)

"THIS CAMP IS NOT SPONSORED BY OLATHE USD 233."