

Details

Dates – Monday June 15 – Friday June 19, 2015.

Elementary School: 8am – 11am, Mon – Thurs

Middle School: 3pm – 6pm, Mon – Thurs

ALL – Friday Twilight Meet 5pm – 8pm

Camp Director – Coach Mac

- Address: DHS Track & Field Camp, 2390 Main Street, Durango CO 81301
- Email: durangotxc@gmail.com
- Web Site: www.durangodemonsrun.com
- Cell: (435) 849-0815

Registration – Mail in or register onsite Monday June 15th.

Fees: \$125/week; \$25/day – scholarships available on an as needed basis.

Mail to address on front.

Name: _____

High School: _____

Age: _____

Address: _____

Telephone: _____

Email: _____

Contact Information: _____

Medical Conditions (including allergies):

Camp:

- Middle School
- Elementary School
- Event(s) _____

Please complete and mail in the medical form and waiver from the web site.

SEE YOU THIS SUMMER!



Durango High School Track & Field Camp

June 15 - 19, 2015

Elementary School 8-11am
Middle School 4-7pm



Sponsored by





Coaches

Coaches – Our coaches have coached and competed at the high school, collegiate, and international levels. All are still actively coaching.

- Coach Mac, Head XC and T&F coach at Durango High School was an All American at Penn State, qualified for the US Olympic trials and has run a sub-4 minute mile.
- Event Coaches – coaches for the camp will be from among the following
 - John Gurule – throws
 - Johnny Bertrand/Maria Creech – jumps/sprints
 - Jacob Hetrick – pole vault (7 & 8th grade only)
 - Dante Baken/Coach Mac – distance
 - DHS athletes.

TRACK & FIELD - IS TREMENDOUS & FUN

Camp with a Difference

Our summer camp combines the three key ingredients that will make you successful in track & field.

Hard work – we believe that success is developed through a blend of hard work, a focus on the whole body through core exercises, drills, and strength training.

Fundamentals – we will teach you the fundamentals of track & field, running, jumping, and throwing.

Fun – we will show you how to have fun, how to try your best, how to fail, and how to succeed again!

Camp Philosophy & Goals

Camping – Our camp is designed to provide instruction at multiple levels from beginner to advanced.

Mutual Trust & Respect – we strive to operate in an environment of mutual trust & respect. We appreciate you coming to our camp and will provide the best coaching available in the region.

Twilight Meet – this will be a fun-filled meet held on Friday evening at the DHS track.

Camp Schedule

Dates	Time	Activity
Monday	8–11am & 4–7pm	Registration, introduction and placement. Strength training.
Tuesday	8–11am & 4–7pm	Fundamentals, starts, throwing mechanics. Running form & Filming
Wednesday	8–11am & 4–7pm	Training & recovery; Time trials. Journaling and film review.
Thursday	8–11am & 4–7pm	Nutrition, yoga, drills and all that fun stuff.
Friday	5–8pm	Twilight Meet

Learn the Basics

Our philosophy is to provide you with sound fundamentals and to instill in you a love for track & field.

Having competed at the international level, head coach, Coach Mac knows how important it is to begin with the basics.

A solid foundation will prepare you for track in middle school, high school, and beyond.

