

# Calling ALL Future Track & Field Stars ...



## **Penn State Track & Field/Cross Country is pleased to offer the following opportunities for ALL Middle School and High School Students in 2011-12:**

**December 4, 2011**

**Track & Field Day Camp - #1**

**December 18, 2011**

**Track & Field Day Camp - #2**

*The Penn State Track and Field Day Camps are designed for boys and girls ages 10 to 18. Parents are welcome to observe at no charge. The focus of these camps are to teach the basic fundamentals of running, jumping, and throwing techniques, as well as basic plyometrics and drills that are typically used in track and field training. Both clinics will run from 12:00 - 4:00 p.m.*

*\* Unfortunately, we will not be able to offer instruction in the pole vault. Vaulters are encouraged to attend our regular summer camps.*

**July 8-11, 2012**

**Track & Field Summer Camp - #1**

**July 15-18, 2012**

**Track & Field Summer Camp - #2**

*Penn State Track and Field Camp and Cross-Country Camp help develop skills and techniques for track and field, and cross country. They are learning camps – not training camps. Participants take part in drills, attend lectures and demonstrations, and use visual aids for each event, including the decathlon and heptathlon. Other aspects of competition – nutrition, rest, relaxation, and general health – are also part of the daily training. Because performance levels of campers may vary from beginner to advanced, instruction is individualized to accommodate that range. The camp is recommended for students entering grades 7-12 next fall.*

**For more information, or to register, contact  
[sportcampinfo@psu.edu](mailto:sportcampinfo@psu.edu) or [www.gopsusports.com/camps](http://www.gopsusports.com/camps)**