

Track & Cross Country

Running & Fitness Camp

Age levels- Grades 3-7

The summer running and fitness camp is designed for students going into grades 3-7. It is a program that will focus on overall health and fitness with an emphasis on running. The camp will consist of a general education regarding health, nutrition and fitness as well as a variety of stretching, running, and strength building games and exercises. The camp will help promote a healthy and active lifestyle for all participants. We will begin and end the week with a timed fun run so participants can see their improvement. Each participant will receive a Running Camp T-Shirt. Campers will need to come each day with a sturdy pair of athletic shoes and appropriate clothing.

Location: Nicollet Jr. High School

Dates: June 14th-17th

Time: 9-10:30am

Cost: \$40.00



Website Information: www.bhsxc.com

2010' Summer Track Camp & Meets

Age levels- Grades 3-8

The Summer League is a youth (3-8) introductory Track & Field program. Each athlete will learn the basic fundamentals of warming up, stretching, running, throwing, jumping and relays. Athletes will be instructed in each area by Varsity Coaches and Division I athletes. Each week the athletes will have a practice session, along with a track meet for a chance to compete against peers.



Practices

Tuesday,	6/15	6:00pm-7:00pm
Thursday,	6/17	6:00pm-7:00pm
Tuesday,	6/22	6:00pm-7:00pm
Tuesday,	6/29	6:00pm-7:00pm
Tuesday,	7/6	6:00pm-7:00pm
Tuesday,	7/13	6:00pm-7:00pm

Meets

Thursday,	6/24	6:00pm-8:00pm
Thursday,	7/1	6:00pm-8:00pm
Thursday,	7/8	6:00pm-8:00pm
Thursday,	7/15	6:00pm-8:00pm
Thursday,	7/22	6:00pm-8:00pm



Location: Burnsville High School Track

Cost is \$60.00 (Includes t-shirt)

