

HOLMDEL
2016



Summer Track Camp

Incoming 2nd-8th Graders

About the Coach:

Coach Maurice Bell
mbell@holmdelschools.org

- Satz teacher/Cross Country coach, Holmdel High School Head Boys coach.
- Collegiate sprinter/hurdler & jumper.
- Specializes in coaching the sprints/hurdles & jumps.

Monday-Thursday

Session 1

July 18-21

8:00am-11:00am

Session 2

August 1-4

8:00am-11:00am

**Holmdel High School
Roggy Track**

The focus of the Holmdel Summer Track Camp is to properly teach young athletes how to run. The camp is designed to introduce athletes of all abilities to the fundamentals of running and athletic competition. We want everyone involved & having fun while learning. Campers will receive personalized coaching that will teach the various aspects of running, sportsmanship, team work, and goal setting.

[Click here to register online.](#)

Track & Field is a sport that allows everyone to actively participate!

THERE IS SOMETHING FOR EVERYONE, WHETHER YOU ARE A BEGINNER OR MORE EXPERIENCED. HAVE FUN WHILE LEARNING TO ENJOY THE OLYMPIC SPORT OF TRACK & FIELD!

What to expect:

- ✓ To learn how to run and enjoy running.
- ✓ Personalized instruction.
- ✓ A positive atmosphere that promotes team work & good sportsmanship.
- ✓ To learn about healthy nutrition & goal setting.
- ✓ To become an experienced athlete!

Running is a lifelong sport that all can enjoy!

