

Camp of Champions

TRACK & FIELD CAMP



The John Curtis Christian School Track & Field staff and alumni will be hosting a camp geared to teach athletes the skills required to compete on and off the track. Campers will learn the proper techniques needed to compete. Campers will participate in event-specific drills, track workouts and address nutrition. At the end of the week, campers will have the information to implement what it takes to become strong mentally during meets. Get Ready to maximize your potential!

FEATURING:

JCCS COACH PRESTON CURTIS & STAFF

Ages: 6 - 12

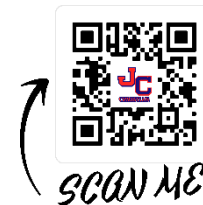
Date: June 16th – 19th

Time: 9:00am – 12:00pm

Place: John Curtis Christian High School

\$150.00

(Includes Camp T-shirt, Powerade/ Water & Snack Daily)



Registration for Track & field Camp

Name of Camper: _____ Age / Grade: _____
Home Phone: _____ Cell Phone: _____ Work Phone: _____
Parents Name: _____
Address: _____ City: _____ Zip: _____
Email: _____
Shirt Size: _____

I, _____, give John Curtis Christian School Permission to treat my
Child, _____, in case of emergency. Signed: _____

Email ctaix@johncurtis.com to reserve a spot. Make check payable to JCCS. Registration forms / money should be dropped off at
10125 Jefferson Highway, River Ridge, LA 70123 or call 504-737-4621 Bring tennis shoes & spikes. **Please Bring Your Own Water.**