



Track Camp 2019

**Raritan High School • Track
419 Middle Road • Hazlet**

*Cost - \$100
June 10th – June 13th
from
4:30pm to 6:30pm
Open to current 3rd through
12th graders*

Instructors:

Mr. Peter Toscano

- RHS Girls Head Coach
 - Javelin
 - Discus
 - Shot Put

Mr. Christopher Berg

- RHS Boys Assistant Coach
 - Pole Vault
 - Sprints
 - Hurdles

Former high school and current college track athletes.

Final day of camp will include a simulated track meet.

- Camp is designed for all ability levels
- Events to be covered
 - Sprints
 - Distance
 - Hurdles
 - Long Jump
 - Triple Jump
 - High Jump
 - Shot Put
 - Discus
 - Javelin
- Plyometric warm-up exercises, stretches, and conditioning drills appropriate to the age group
- Camp will ensure maximum success in an enjoyable, non-pressured environment with positive reinforcement.

Please email Coach Berg (cberg@hazlet.org) your t-shirt size by May 17th.

**** Sneakers, Water, a Snack, and Sun Block are required.**

Call Hazlet Recreation at (732) 217-8648 or (732) 217-8683 for more information.

**Mail in your registration form and a check payable to
Hazlet Recreation, 1766 Union Avenue, Hazlet NJ, 07730**

**** A doctor's signature or copy of a physical within the past year is required with your application.**