



Registration Information

All registration is done online by going to the MVHS Summer Camps website found at: <https://sites.google.com/a/ipsd.org/mustangs-summer-camp/>
Or use the following QR code

- ◆ Click on the “Grade” column (as of Fall 2019) to register for the correct camp.
- ◆ Cash and check payments (payable to “ABL Athletics”) can be mailed to Metea Valley HS, 1801 N. Eola Rd., Aurora, IL 60502 , or online using a credit card.



*2019 Costs: HS camp = \$125 for 1 session, \$175 for both
Youth camp = \$95 for 1 session, \$125 for both

*All campers will receive a summer camp t-shirt as part of their registration fee.

*\$20 discount for multiple family members in either camp

*We apologize but we cannot pro-rate fees due to missed camp days

For more information, contact:

Aaron B. Lewis, Summer Camps Director
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(630) 375-5900 x4364



2019 Track & Field Summer Camps

Session #1: June 10-27 (Mon.—Thur. only)

Session #2: July 8-25 (Mon.—Thur. only)

****Can do one or both sessions! Costs are listed on back****

Youth Camp (Gr. 3-7): 8:00am-9:30am

High School Camp (Gr. 8-12): 10:00am-11:30am

What will I be learning at camp?

Mustang Track & Field camps are designed to teach all campers the skills needed to improve as a track & field athlete. Whether its your first time or you are a veteran, all campers will be instructed in the various techniques and skills related to most track & field events. The camp will cover our staff's particular techniques and training methods for each event group and develop a common language. The event groups and their focus will be mainly be the following:

- **Sprints/Relays:** Proper sprinting technique, sprint drills, block starts, relay handoff drills and other technical fundamentals of proper speed training and conditioning.
- **Throws:** Events covered will be the Shot Put (glide and/or rotational) and the Discus (High School camp only). Introduction to proper technique and training along with complimentary conditioning.
- **Hurdles:** Proper hurdle technique and hurdle drills designed to increase flexibility and mobility will be introduced.
- **Jumping Events** (Long Jump, Triple Jump, High Jump): Technical fundamentals will be broken down and introduced along with proper conditioning using plyometrics and other aspects of jump training.
- ***Pole Vault** (High School camp only): Basic technical fundamentals of the pole vault will be introduced such as pole carry, planting, and takeoff. Weight restrictions do apply to ensure athlete safety.

Why do Track & Field camp?

Track & Field is one of the most athletically challenging sports out there. If you are looking to improve your athleticism and competitive spirit, then Track is where it's at! Even if you aren't the most athletically gifted person out there, Track and Field is still for you. We will put you in the best position to be the most successful, as you will practice and compete against others of similar ability and against your number one competitor...YOURSELF! Track and Field is for people who want to get better physically, emotionally, and socially.

How do I know if I'm getting better?

Most campers will have the opportunity to compete at local "all-comer" track meets. These meets are designed to allow campers to compete against one another and measure their progress throughout the summer. In addition, campers will be given information on how to register with the USA Track & Field association for attendance at their state and regional meets.

What do I need to bring to camp?

Campers will need to come each day already dressed to work out in the following attire:

- ◆ Shorts (or sweatpants depending on weather)
- ◆ T-shirt (no cutoffs or mid-driff shirts please; sleeveless shirts are okay)
- ◆ Proper training shoes (preferably running shoes or general training shoes; no Basketball or other type shoes)
- ◆ Any medical aids (eyeglasses, inhaler, epi-pen, etc.)

Campers may also bring water bottles (labeled with name) and any personal track items/equipment they own (spikes, shot puts, etc.)
