

Foundation Running Camps



www.FoundationSportCamps.com

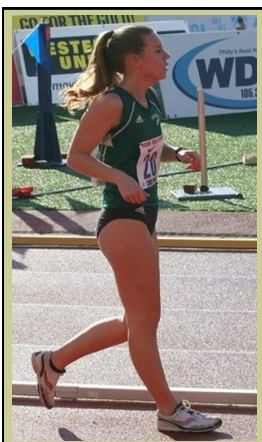
The RACEWALK Program August 15 thru 20, 2021 at Camp Pontiac, NY

We welcome all RACEWALKERS entering grades 6 –12 to join us for:

- Training that focuses on proper technique, speed and endurance
- Outstanding instruction by some of the nation's best coaches
- Appropriate programs designed for athletes on all levels... from novice to elite
- Video analysis of racewalking mechanics using state-of-the-art technology
- Educational activities that focus on nutrition, proper footwear, injury prevention, competitive psychology and rules of the sport
- Top notch athletic facilities include weight room, aerobics/yoga rooms, cardio and spinning room and multiple indoor complexes
- Evening Activities include DJ Dances, Color War, Talent Show, Karaoke, Ice-Cream Parlor, Air-conditioned Movie Theater, and much more!



Visit us on *Facebook*



www.FoundationSportCamps.com

For pics, videos, registration forms, and more information, please visit our website!

Please go to www.FoundationSportCamps.com to register for our 2021 camps.

Registration is now fully online using Active Networks. No papers to fill out and nothing to mail!



Typical Daily Schedule

7:30am	Wake up and Breakfast
8:15am	Bunk Meeting and Team Building Activities
9:00am	Speed & Agility Training
10:00am	Event Specific Training
11:45am	Supervised Pool Time or Game Room time!
12:15pm	Lunch
1:30pm	Afternoon Team Activity (hike, kayak, e.g.)
3:00pm	Event Specific Training
5:00pm	Supervised Pool Time
6:00pm	Dinner
7:00pm	Evening Games - Under the Lights!
9:00pm	Evening Activity (Talent Show, Bonfire, e.g.)
10:30pm	Lights Out

Other Programs at the 2021 Foundation Sleepaway Camp

HS Cross Country Program
Middle School Running and Form Program (6th, 7th & 8th Grade)
Track & Field including:

- Speed and Sprints
- Long & Triple Jumps
- Hurdles
- Throwing Events (Shot, Discus, Javelin, Hammer)
- High Jump
- Racewalking
- Pole Vault

Middle School All-Sport Program (6th, 7th, 8th & 9th Grade)

Additional Programs at the Sleepaway: Optional

Leadership Academy Sports Medicine Internship



Visit us on *Facebook!*
FoundationRunningCamp

Register Today at www.FoundationSportCamps.com