

# Foundation Running Camps



[www.FoundationSportCamps.com](http://www.FoundationSportCamps.com)



## The Track & Field Program

at Foundation Sleepaway Camp

August 14 thru August 19, 2019 at Camp Pontiac, NY

Wednesday  
thru Monday!

### Track & Field Programs at the Foundation Running Camp

- **Speed & Sprints Program** – Whether you are a sprinter or you just want to get faster for other sports, this program will focus on form and power to increase your speed!
- **Horizontal Jumps** – Our certified staff will analyze and adjust your form to help you put inches and feet onto your Long and Triple Jump records!
- **High Jump** – Learn the proper form and technique that can raise the bar this summer! From approach to take off to drills, our staff will help you gain an advantage on your competition.
- **Throwing Events** – Throwers will focus on form and technique in the Shot Put, Discus and Weight Throw, and will also have the opportunity to try events such as the javelin!
- **Hurdles** – We are offering beginner, intermediate and advanced hurdle training sessions. They provide each hurdler the chance to learn and develop techniques and skills for speed and hurdling efficiency they can bring back to their school and use year round!
- **The Foundation Racewalk Program** – Racewalkers of all abilities gather for a week of outstanding training. Form, Fun and Fitness is our philosophy.
- **The Foundation Pole Vault Academy** – Our pole vault camp continues to grow. Whether you are a beginner or an elite jumper, campers will receive appropriate training by our certified staff.



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



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Please go to [www.FoundationSportCamps.com](http://www.FoundationSportCamps.com) to register for our 2019 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 - Pole Vault
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 - Pole Vault
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 2019 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-Sports Program (6th, 7th & 8th Grade)

#### **Additional Programs at the Sleepaway: Optional**

Leadership Academy      Sports Medicine Internship



Visit us on Facebook!  
FoundationRunningCamp

Register Today at [www.FoundationSportCamps.com](http://www.FoundationSportCamps.com)