

2023 Summer XC and Track & Field Camps

XC Camp

June 5—June 8

Location: McAuliffe Elementary
2300 Briarhill Blvd..

For athletes who want to develop form, endurance, flexibility, and a love for running—great for all sports that involve running



Track & Field Camp

June 12—15

Location: Marcus High School
Track

Emphasis on sprint training and running mechanics, as well as jumps, hurdles, throws, and relays.

1st—5th grades: 7:30—9:30am | 6th—8th grades: 9:30—11:30am

Cost: \$100/camp. \$180 if attend both camps.

Non Refundable (Pay by 5/13. +\$10 for walkup reg after 5/13).

Includes instruction, a camp souvenir, and EOW Awards

Venmo @lreinberg (last 4- 5931), or Zelle (lindsayaldon@yahoo.com) preferred. If check needed, please indicate in the Google form. *Please put athlete's name in notes on method of payment*

Complete this [Google Form](https://tinyurl.com/MXCTFcamp23) to complete registration and payment:

<https://tinyurl.com/MXCTFcamp23>

Questions? Email Coach at: Marcusxctcamp@gmail.com

Camp souvenir only guaranteed if registered by 5/13.

