

Connecticut AAU
Track and Field
AAU Technical Track and Field Training Camp
July 5 - 26, 2024

Hosted by Danbury FLYERS Elite
Danbury FLYERS Elite-Danbury Youth Track and Field, Danbury, CT

AGE GROUPS: 8 & Under, 9 Years Old, 10 Years Old, 11 Years Old, 12 Years Old, 13 Years Old, 14 Years Old, 15-16 Years Old, 17-18 Years Old

ENTRY FEE: \$155.00

ENTRY FEE PAYABLE TO: Danbury FLYERS Elite dba Danbury Youth Track and F

ENTRY DEADLINE: June 06, 2024

SIGN UP AT: <https://www.athletic.net/events/us/connecticut/2024-7-1>

AWARDS: N/A

ADDITIONAL INFO: Welcome to the AAU Technical Running and Field Training Summer Camp!

This much anticipated camp is for all age athletes and all levels.

Athletes are invited to attend whether they are new to the "Sport of Track and Field" or highly skilled experienced athletes that are interested fine tuning their craft.

Also invited are those athletes who want to take advantage of one of the focus areas that will add value to another sport other than track and field.

This camp is (4) sessions on Fridays in July 5, July 12, July 19 and July 26, 2024.

7:00PM-8:30PM at the Bethel Track and Field Training Facility, Bethel, CT.

The camp will focus on the practicing following areas and techniques: (but not limited to)

Sprinting- downstarts, running tips, speed tips, breathing, foot strikes
Distance-waterfall starts, breathing, endurance improvement
Long Jumping-assessing board approach, pop ups, landing, height improvement
High Jumping-approach assessment, hip placement, flopping vs scissoring
Shot Put and Discus- approach, glide, spinning, stretching,
Most important we will focus on mental, emotional and physical meet day preparation no matter what event(s) you compete in!

Each athlete will receive a camp practice shirt (must be worn each session), socks, a journal for note taking, and a camp drawstring bag.

Camp Fee is \$155.00/athlete regardless as to how many sessions you attend. No refunds. Athletes must wear black bottoms to training sessions.

For further information please contact Gail Williams, AAU CT Track and Field Chair at ghwill1965@gmail.com or 914.396.7473.

FOR MORE INFORMATION:

Gail Hill Williams
ghwill1965@gmail.com

This event is licensed by the Amateur Athletic Union of the U.S., Inc.

All participants must have a current AAU membership.

AAU membership may not be included as part of the entry fee to the event.

AAU membership information can be found at www.aau.org or by calling 1-800-448-2222.