

# RUNJUMPTHROW CAMP

www.RevolutionExpressTrackClub.com

Grades  
1<sup>st</sup> - 8<sup>th</sup>



Free T-shirt to  
first 50 athletes  
to pre-register

## MARCH 12th, 2022 - Saturday

9:00am – 5:00pm Rain or Shine (No Refunds)

For questions please contact us at: [bookoutgen@yahoo.com](mailto:bookoutgen@yahoo.com)

### WHAT AND WHERE?

Rocklin High School Track & Field team and **REVOLUTION EXPRESS TRACK CLUB** are partnering to put on a Run, Jump, Throw camp to kick off the 2022 spring Track & Field season.

Where: Rocklin High School Track  
5301 Victory Ln, Rocklin, CA

### REGISTRATION INFO

**REGISTRATION** Go to CoachORegistration.com. Click on red Register button & Scroll down to March 12<sup>th</sup>, 2022. Click on [RETC's 2022 Run, Jump, Throw Camp](#)

**REGISTER BY:** **March 10, 2022**

**COST** all day camp - \$85

**NOTE** Dress in warm layers and always have a sweatshirt, water bottle, and running shoes (track spikes not required).

Bring Sack Lunch and Snacks. No microwave or refrigerator available.

Parents are welcome to stay and watch, but need to stay off the track and in-field during the camp.

### WHAT WILL YOU LEARN?

**RUNNING** Correct running form, starts, relay hand-offs, distance techniques

**JUMPS** High jump, long jump, triple jump, pole vault

**THROWS** Shot put, discus, javelin, hammer

**RACE WALK** Correct technique



- 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 must be obtained before the competition begins except where the event operator has a laptop available with an internet connection. Participants are encouraged to visit the AAU website [www.aausports.org](http://www.aausports.org) to obtain their membership.