



J E F F P I G G

TRACK & FIELD CAMP

**On the campus of the University of North Florida
at Hodges Track Stadium**

June 12-16, 2017

Open to any and all participants grade school – high school

- JUMPS**
- SPRINTS**
- POLE VAULT**
- HURDLES**
- THROWS**
- DISTANCE RUNNING**

To register visit: www.jeffpiggtrackcamp.com

Questions? Please email: adam.cooke@unf.edu or rachel.mcfarlane@unf.edu

<u>Tentative Daily Schedule</u>		<u>Camp Features</u>
8:30-9am	Campers arrive	Camp T-shirt Gatorade & Lunch Provided NCAA Division 1 Coaching Staff: UNF Track staff, select athletes, and other experienced coaches \$275 for 5 days Late registration price after 6/1/17 \$300
9:00am	General Warm-Up	
10:00am	Event specific training	
11:30am	Lunch	
12:30pm	General Session <i>Psychology, Nutrition, Flexibility, Strength Training</i>	
1:30pm	Event specific training	
2:30pm	General Cool-down	
3:00pm	Campers depart	