

**2008  
Running Rams  
Track and Field  
Instructional Camps,  
LLC**



Located at:

Valley Regional High School  
Deep River CT  
June 30- July 3, 2008  
5p-8p

Instruction in most of the track and field events from some of the area's best coaches, eight in all, at one of the finest venues in Connecticut... Valley Regional HS in Deep River, CT.

Plenty of instruction, plenty of snacks, juice, water, plenty of breaks and...



For further information, please contact Mary Ellen Barnes at 767-4340x110 or [mbarnes@essexct.gov](mailto:mbarnes@essexct.gov) or at [www.essexct.gov/departments](http://www.essexct.gov/departments)

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Running Rams Track and Field Camps  
are an LLC

**Here's how it works.**

First off, athletes, novice or experienced, will learn various important stretching and warming up exercises essential to all successful athletic programs.

Next, athletes will be grouped into the areas of track and field in which they wish to venture and learn with an instructor. If unsure, they will be encouraged to try various areas. All athletes will be made welcome to try as many areas as they want in order to learn as much as possible.

Sessions will last approximately 45 minutes each, with 10-minute breaks in between for snacks, juice and water. Outstanding area coaches/teachers will be instructing at each area of their own expertise. These areas include sprinting, middle distance and distance running, hurdling, high, long and triple jumping, as well as shot putting, discus, and javelin throwing.

At the conclusion of each camp evening, a warm down and stretching routine will take place to enable each athlete to ready themselves for the following day.

Each day will also include a fun activity, such as an ice cream sundae night, a pizza night and a free commemorative T-shirt and awards at the conclusion of Thursday's final session.