

2016 North Hunterdon Girl's Track & Field Camp

When: July 18th – 21st

Times: 8:30AM – 12PM

Where: North Hunterdon H.S. Track

For Girls From 3rd through 9th Grade



Try all events including:

- *Pole Vault
- *High Jump
- *Javelin
- *Triple Jump
- *Relays
- *Distance
- *Hurdles
- *Long Jump
- *Shot put
- *Discus

Learn about:

- *Training
- *Running Logs
- *Places to Run
- *Nutrition
- *Running Plans
- *Running Shoes
- *Hydration
- *Stretching

Cost - \$120 per camper

Check: Payable to NHVRHSD

Mail Form To: NHHS Athletic

Dept./Camp – 1445 Rt. 31 –

Annandale, NJ 08801

Questions? – Contact Coach Walsh
Coach Walsh – North Hunterdon H.S.
Girl's Track & Field – Girl's Cross-Country
swalsh@nhvweb.net

908-713-4199 x.4303

