## 2017 North Hunterdon Girl's Track & Field Camp

When: July 17th – 20<sup>th</sup> Times: 8:30AM – 12PM Where: North Hunterdon H.S. Track





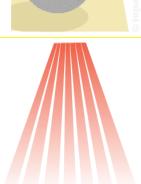
## For Girls From 3<sup>rd</sup> through 9<sup>th</sup> Grade

## Try all events including:

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







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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 <u>swalsh@nhvweb.net</u> 908-713-4199 x.4303

