

PRCS 1ST ANNUAL TRACK & FIELD CAMP

**TO BE HELD AT
THE CLAUDE MOORE
RECREATION CENTER
AND PARK VIEW HIGH
SCHOOL TRACK IN
STERLING, VA.**

DATES: Monday, June 29th to
Friday, July 3rd.

COST: \$150 per athlete

TIMES: Morning session: 8am-12 Noon.
Afternoon session: 1-5pm. Athletes can
attend either morning, or afternoon
session or both.

AGE RANGE: 13-18

ACTIVITY CODE: 673421-01

CAMP DIRECTOR: Courtney Cornwall-
Head Track & Field Coach of Potomac
Falls High School. High school and
collegiate All-American.



For more information please call: (571) 258-3600, or (703) 501-7144
or email cornwall5@hotmail.com, or jahayden@aol.com

COACHING:

Athletes can expect to receive expert coaching advice and guidance from among the very best coaches and athletes in track and field. Coach Cornwall's all-star staff have years of knowledge and experience. During the course of the week, participants will learn the correct techniques and drills for their respective events.

SPECIAL FEATURES:

USATF coach and certified aquatic exercise instructor, Julie Hayden, will provide instruction in shallow and deep water running and other exercises and teach athletes how this invaluable tool can be utilized to enhance their training. Coach Hayden is an elite master track and field athlete and a lead coach with Loudoun based track and field club NOVA A.C.

The camp will extend the athletes minds, as well as their bodies. Mental preparation for track and field will be discussed and addressed.

As an exciting close to the week, athletes will test out their abilities and newly improved skills in a track and field meet at Park View High School.

KEYNOTE SPEAKERS:

GREGORY HAUGHTON OF JAMAICA

3 time Olympic medallist
World Champion, Commonwealth
Champion, NCAA Champion

RAYMOND STEWART OF JAMAICA

4 time Olympian and Olympic Silver
medallist (4X 100M Relay)

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