



Tinton Falls Track & Field Camp

2023 Summer Track & Field Clinics



Looking for an exciting summer activity for your young athlete? Look no further than our track and field camp! Our program is designed to introduce and develop athletes in a variety of events, from the 100m to the 800m, Hurdles, Long Jump, and Javelin!

Our experienced coaches provide high-level instruction, focusing on proper technique and training methods. But it's not all serious business - we also incorporate fun games and team-building activities to develop well-rounded, team-focused athletes.

Join us for a summer of growth, learning, and, of course, plenty of fun on the track! Each participant will be given a t-shirt!



**TRACK & FIELD
PERFORMANCE CLINICS**

Directors: Track & Field Performance Clinics

Who: Grades 1st – 9th ~ Boys & Girls

Dates: Session 1: Tuesday July 11-13 (Raindate Fri 7/14)
Session 2: Tuesday August 15-17 (Raindate Fri 8/18)

Time: 5:00 pm – 8:00 pm

Location: TBD

Cost: \$160 per child

Register @ Tinton Falls Recreation website or
(Scan QR Code below)



SCAN ME