

Foundation Running Camps



www.FoundationXCCamp.com



The Track & Field Program August 16 thru 21, 2015 at Camp Pontiac, NY

Track & Field Programs at the Foundation Running Camp

- **Speed & Sprints Program** – Whether you are a sprinter or you just want to get faster for other sports, this program will focus on form and power to increase your speed!
- **Horizontal Jumps** – Our certified staff will analyze and adjust your form to help you put inches and feet onto your Long and Triple Jump records!
- **High Jump** – Learn the proper form and technique that can raise the bar this summer! From approach to take off to drills, our staff will help you gain an advantage on your competition.
- **Throwing Events** – Throwers will focus on Shot Put and Discus form and technique, and will also have the opportunity to try some new events such as javelin and the weight throw!
- **Hurdles** – Campers have asked, and we have listened. This summer we are offering a hurdles program that will challenge our campers to improve their technique. Campers will take home drills that will lead to success down the road!
- **The Foundation Racewalk Program** – Racewalkers of all abilities gather for a week of outstanding training. Form, Fun and Fitness is our philosophy.
- **The Foundation Pole Vault Academy** – Our pole vault camp continues to grow. Whether you are a beginner or an elite jumper, campers will receive appropriate training by our certified staff.



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For pics, videos, registration forms, and more information, please visit our website!

GENUINE
**MUSCLE
MILK**[®]



Please go to www.FoundationXCCamp.com to register for our 2015 camps
Registration is now fully online using Active Networks. No papers to fill out and nothing to mail

2015 Camp Rates

Take advantage of **Early Bird Rates!** (before March 31st)
Fitness Day Camp ONLY (Bethpage) = \$250.00 (\$225.00 Early Bird)
Sleepaway Camp ONLY = \$649.00 (\$599.00 Early Bird)
Both Great Weeks! = \$749.00 (\$674.00 Early Bird)

(Note: \$150 will automatically be taken off at checkout when registering for both the Day Camp and the Sleepaway Camp)
Refund policy: Refunds requested before July 1 will receive full refund minus \$100 and the processing fee. After July 1, full refund minus \$150 and the processing fee.

There are NO refunds on bus reservations.

Coach Bus To and/or From Sleepaway Camp =

Available from Long Island ONLY.

Any One Way Trip, Add \$75.00

Round Trip, Add \$100.00

NO REFUNDS ON BUS RESERVATIONS

Other Programs at the 2015 Foundation Sleepaway Camp

HS Cross Country Program

Middle School Running and Form Program (6th, 7th & 8th Grade)

Track & Field including;

- Speed and Sprints
- Long & Triple Jumps
- Hurdles
- Throwing Events (Shot, Discus, Javelin, Hammer)
- High Jump
- Racewalking
- Pole Vault

Additional Programs at the Sleepaway: Optional

Leadership Academy (+\$25) Sports Medicine Internship (+\$25)



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FoundationRunningCamp

Register Today at www.FoundationXCCamp.com