

Hurdling Is Fun



This is an invitation to a week of fun, learning and improving your hurdle skills in our 'Hurdling Is Fun' hurdling camp.

When: July 12-16, 2010.

Where: Glenmore Athletics Park, Calgary.

Who: Boys and Girls age 12 to 17 by the end of 2010.

Hurdle experience not required.

Cost: \$25 registration fee (not refundable) plus \$150 camp fee.

Two 2-hour practice sessions a day (Monday – Thursday).

Hurdle competitions on Friday morning.

Out of town athletes: consider teaming up with your track friends from Calgary for a place to stay, accommodations not provided.

Send an email to hurdlingisfun@gmail.com to reserve your spot or to request more information. First come, first serve. We reserve the right to limit the number of participants. We strive for a maximum of 8 to 10 participants per coach.

Registration fee is due June 18, 2010. When we have received your email, you will receive further information. Every participant will receive a 'Hurdling Is Fun' T-shirt.

Coaching staff: Jan Lips – Head Coach and Camp Coordinator, hurdles and sprint/power coach at Calgary Warriors Track Club; Derrick Johnston – hurdles and sprint/power coach at CALTAF; Nigel Joseph – one of Canada's top 400m hurdlers; Tessa Gray – one of Canada's female top 400m hurdlers.

