

1st Annual Raiders Summer Sprint Camp 2011



Where: Port Jervis High School

When: July 11th -15th, 8am-11am

What: a one week long speed training camp which will focus on form, speed endurance, block starts, and relays. Be sure to dress for the weather, and bring plenty to drink.

Cost: Free. Camp shirts will be \$20 (Nike Dri-fit). Registration will be limited to the first 30 applicants, so register as soon as possible.

Contact: Coach John Wright

Phone: (845) 283-5007 Email: jwright@pjschools.org



"Learn how to fly"

Shirt Back



Shirt Front

