



Dubuque Senior High School
TRACK & FIELD CAMP

For incoming 4th – 8th Grade Girls/Boys

July 29–Aug 1, 2019

\$30.00

Includes Free T-shirt!

*Camp Staff includes current DBQ Senior Track & Field Coaches

8:00 am–9:30 am

Dalzell Field

**THE FOLLOWING AREAS WILL BE
COVERED DURING CAMP**

- * SHOT PUT * DISCUS * LONG JUMP
- * HIGH JUMP * HURDLES * SPRINTS (100-400M)
- * DISTANCE (800 M AND ABOVE)

Please go to the following website to register

<http://senior.dbqschoolscamps.com/>