



TRACK & FIELD SUMMER CAMP

**at SAINT JOSEPH'S COLLEGE OF MAINE
JULY 8th - 11th , 2025 | RISING 9th - 12th GRADERS**

THE CAMP EXPERIENCE

Join us at one of the nicest Track and Field Facilities in New England where Camp Athletes will learn about Power, Strength, Technique, and Endurance through discussion, demonstration, and practice. The week will be filled with opportunities to explore and focus on various track and field events - including sprints, distance, hurdles, jumps, and throws - of their choice.

(We recommend that each participant choose at least 2 or 3 different events.)

PRICING

Participants will have the option to stay in the resident halls each night or commute from home each day.

ON CAMPUS PARTICIPANTS \$470
(Camp T-Shirt, Paired with a Roommate, and provided three meals a day)

COMMUTERS \$300
(Camp T-Shirt, Commute from Home, Provided Lunch)


PERFORMANCE ENHANCING TOPICS

- Basics of Strength and Conditioning
- Sports Nutrition
- Mental Preparation and Readiness
- Event Tactics and Training Principles



QUESTIONS? REACH OUT TO MIKE BURLESON

 mburleson@sjcme.edu

 (207) 929 - 0555

**SCAN THE QR CODE
TO SIGN UP OR VISIT**

www.monkstrackandfieldcamps.com