



SAINT JOSEPH'S COLLEGE OF MAINE TRACK & FIELD CAMP

JULY 9th-13th , 2024

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, hurdles, jumps and throws - of their choice.

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

PERFORMANCE ENHANCING TOPICS

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

PRICING

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

ON CAMPUS PARTICIPANTS **\$570**
(PAIRED WITH A ROOMATE AND PROVIDED THREE MEALS A DAY)

COMMUTERS **\$350**
(COMMUTE FROM HOME - INCLUDES LUNCHS ONLY)



GO MONKSI!

QUESTIONS? REACH OUT TO MIKE BURLESON:
MBURLESON@SJCME.EDU
(207) 929-0555

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

www.monkstrackandfieldcamps.com