



Fast Feet Running Camp 2018

July 9, 10, and 11

Aquinas College Alksnis Athletic & Recreation Building

Ages 5-8 3:00-3:45

Ages 9-12 4:00-5:00

The Fast Feet Running Camp offers kids (aged 5-12) an introduction to the fundamentals of track and field. The camp will give future track stars a chance to gain experience, knowledge and skills in a fun, energetic atmosphere. An overview of proper warm-up, stretching, and nutrition will be tailored to each age group and coupled with drills and exercises to increase motor development and to improve flexibility. The values of teamwork and sportsmanship will be encouraged in our daily relay races, while positive reinforcement will act as a catalyst for increased confidence. The camp will also feature a daily snack, cotton t-shirt, and entrance into RunGR's Magic of the Mile, which will be held at on July 12th.

Register at: <https://runsignup.com/Race/MI/GrandRapids/FastFeetRunningCamp>

Email wojcmic@aquinas.edu if you have any questions.