

# ARMY WEST POINT™

## TRACK & FIELD

### ARMY WEST POINT TRACK AND FIELD CAMP

July 23-July 26, 2020

**Description:** The West Point Track & Field Camp provides general and specific coaching sessions focused on the instruction of safe and effective techniques to enhance athletic performance for the sport of track & field. Our staff will instruct, teach and demonstrate drills used to improve speed, balance, concentration, power and developing event-specific skills across all events for track & field. Combined with our unique training concentrations, our camp allows you to customize your track & field experience and to elevate skills for your next competition.

- Great Staff, Counselors
- Outstanding Campus Facilities
- Team Building Exercises
- Sports Nutrition Lecture
- Strength Training Instruction
- Fun Camp Activities