



# TRACK AND FIELD CAMPS



Register Today!  
**[cedarville.edu/sportscamps](http://cedarville.edu/sportscamps)**

# CAMPS

## Day Camp

July 2, 2015  
(Grades 6–12)  
Cost: \$65

*Register by June 25, 2015*

## Pole Vault Camp

June 29–July 2, 2015  
(Grades 7–12)  
Cost: Resident (\$290), Commuter (\$200)

*Register by June 22, 2015*



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Learn more and register today at [cedarville.edu/sportscamps!](http://cedarville.edu/sportscamps!)

## DAY CAMP

Athletes will learn speed development, plyometric training, strength and conditioning, and nutrition. Athletes will also have the opportunity to be trained in long jump, shot put, distance running, high jump, hurdles, pole vault, sprinting, or discus throw.

## POLE VAULT CAMP

Cedarville's pole vault camp is committed to teaching athletes the correct way to pole vault. We will teach all aspects of vaulting, including the proper way to run, plant, swing, and invert. We will also instruct how to correct bar clearance along with proper nutrition and lifting techniques. Everything will be taught with an emphasis on safety while catering to each skill level for boys and girls.

*Front left photo by Mark Yoder*



**Cedarville University Athletics**  
251 N. Main St.  
Cedarville, OH 45314

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UNIVERSITY



for the **WORD OF GOD** and the **TESTIMONY of JESUS CHRIST**

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