SUMMER 2017 CAMPS @ CHRISTIAN BROTHERS HIGH SCHOOL

CHRISTIAN BROTHERS MORNING CAMP

TRACK & FIELD

FOR BOYS & GIRLS ENTERING GRADES 3 - 9

This program exposes campers to the fundamentals of Track and Field with an emphasis on fun and fitness!

CAMP SESSIONS & TIMES

June 5 – June 9

Monday – Friday

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9:00 AM - 12:00 PM

COST

$95.00

LOCATION

CHRISTIAN BROTHERS HIGH SCHOOL

Athletic Complex

GOAL

This unique track and field camp is designed to provide each camper with a positive learning environment in which he/she can grow as an athlete regardless of age or ability. Campers will learn fitness basics as they relate to:

- **Correct form**
- **Proper breathing**
- **Selecting the right shoes**
- **Proper stretching**
- **Increasing flexibility**
- **Proper hydration**
- **Increasing speed**
- **Jumping higher**
- **Improving endurance**
- **Weight training**
- **Mental toughness**
- **Reducing injuries**

CAMP DIRECTORS

David Stooksbury is in his 18th year in coaching high school athletics and his first at CBHS as the Head Track Coach. Coach Stooksbury spent the previous 16 years at Germantown High and St. Georges coaching football and track. His specialty in Track and Field is the hurdles and the high jump where he coached the 2016 6A state champion in high jump and numerous other athletes to the TSSAA State Finals. Coach Stooksbury is a graduate of APSU where he lettered 4 years in football as was a two year starter at Quarterback.

CBHS Cross Country Coach Nick Dwyer is recognized as a Level 1 Coach by USA Track and Field (USATF). Coach Dwyer's team won the TSSAA State Track Championship in 2010 and Cross Country State Runner-up in 2007. He has coach 11 All State Runners in cross country and 10 All State runners in track. Coach Dwyer has guided 30 runners to All Metro status including 2012 overall Best of Preps cross country runner Aaron May. He is a CBHS graduate (Class of 2000) and four year letterman in cross country and track.

CLICK HERE TO REGISTER AND PAY

FOR MORE INFORMATION:

Contact Coach David Stooksbury at dstooksbury@cbhs.org
or Nick Dwyer at ndwyer@cbhs.org