



Calgary's Premier Track and Field Club

Summer Camp

"ATHLETE DEVELOPMENT CAMP"

For young athletes ages 9 -13

***Program designed and supported by Jessica Zelinka—
Canada's own two-time Olympian***

One week—July 18 to 22, 9:00 am to 3:45 pm

At Foothills Athletic Park (2431 Crowchild Trail NW)

The Spartans' Summer Camp program is designed by Olympic athlete Jessica Zelinka and based on the fundamentals of Athletics Canada's Run-Jump-Throw program. Athletes are introduced to proper functional movement for athletic development, participate in team building activities and resiliency mindset worksheet exercises.

The program is presented by senior Spartan athletes with a low athlete to instructor ratio to ensure quality teaching and individualized coaching.

Registration is limited to 25 participants

This camp will be run in collaboration with the Dinos Youth track and field camp

Athletes learn to run jump and throw in a fun and game-filled environment.

\$325 per athlete

**Calgary Spartans Summer Camp
More information and registration: www.calgaryspartans.com
Inquiries: registrar@calgaryspartans.com**