

Anamosa Winter Track & Field Speed Camp

2018/2019

We are doing a Track & Field Camp on Sunday & Wednesday nights for anyone in 7th-12th Grades (Boys or Girls). This camp doesn't cost anything just bring a positive attitude and training shoes/clothing. If you cannot make certain dates that is completely fine. These dates are to focus on hurdles, throws & SPEED! For hurdlers & runners meet in the High School gym. The Throwers will work with Coach Beadle in the Middle School at 6:30-7:30pm please contact him Coach Beadle – 319-821-2040

Coach Bader 319-431-9817 - Coach Weers 319-400-4800

Nov.

Sun 25th – Hurdles 6:30 - Runners 7:00pm – 8:00pm

Wed 28th – Hurdles 6:30 – Runners 7:00pm – 8:00pm

Dec.

Sun 2nd – Hurdles 6:30 – Runners 7:00pm – 8:00pm

Wed 5th – Hurdles 6:30 – Runners 7:00pm – 8:00pm

Sun 9th – Hurdles 6:30 – Runners 7:00pm – 8:00pm

Wed 12th – Hurdles 6:30 – Runners 7:00pm – 8:00pm

Sun 16th – Hurdles 6:30 – Runners 7:00pm – 8:00pm

Wed 19th – Hurdles 6:30 – Runners 7:00pm – 8:00pm

Sun 23rd – OFF

Wed 26th – OFF

January

Wed 2ND – Hurdles 6:30 – Runners 7:00pm – 8:00pm

Sun 6th – Hurdles 6:30 – Runners 7:00pm – 8:00pm

Wed 9th – Hurdles 6:30 – Runners 7:00pm – 8:00pm

Sun 13th – Hurdles 6:30 – Runners 7:00pm – 8:00pm

Wed 16th – Hurdles 6:30 – Runners 7:00pm – 8:00pm

Sun 20th – Hurdlers & Runners 5:00pm – 6:00pm

Wed 23rd – Hurdles 6:30 – Runners 7:00pm – 8:00pm

Sun 27th – Hurdles 6:30 – Runners 7:00pm – 8:00pm

Wed 30th – Hurdles 6:30 – Runners 7:00pm – 8:00pm

February

Sun 3rd – Hurdles 6:30 – Runners 7:00pm – 8:00pm

Wed 6th – Hurdles 6:30 – Runners 7:00pm – 8:00pm

***Please call or email if you have any questions**

Thanks,

Justin Bader - baderjustin@gmail.com - 319-431-9817

Nic Weers – nicweers@icloud.com - 319-400-4800