

JUMP CAMP

FROM GETTING YOUR MEASUREMENT TO LEARNING THE BEST TRAINING METHODS,
JUMP CAMP TEACHES YOU EVERYTHING BEHIND THE JUMP

Join the six week camp to work on your high jumps, triple jumps, and long jumps.



Middle School Track camp runs from: **6/23-27, 7/7-11, 7/ 14-18 times are 1-3:30**

Middle School Jump camp runs from: **6-17 / 7-24 time are 3:30-5pm**

High School Jump camp runs from: **6-17 / 7-24 times are 5-7pm**



7 TIME CCS CHAMPIONS

13 TIME WCAL F/S CHAMPIONS

STATE CHAMPION IN GIRLS HIGH JUMP

12 TIME WCAL VARSITY CHAMPIONS

<http://www.bcp.org/high-school-program/high-school-camps/athletic-camps/index.aspx>

LEARN ALL ASPECTS OF THE JUMPS