

The Ridge Track & Field Camp, directed by Nicole Gilhuley, Ridge High School Head Boys Track & Field Coach, will offer an **introduction to all events** for any boy or girl entering grades 1-9. Emphasis will be on basic skills as well as teamwork during relay events. All participants will have an opportunity to compete in events throughout the week.

### Ages:

Boys and Girls entering Grades 1-9  
(Sept. 2024)

### Events:

- ★ Running events
- ★ Jumping events
- ★ Throwing events
- ★ Relays

### Instructors:

Nicole Gilhuley, Ridge High School  
Head Boys Track & Field Coach  
Troy O'Connor, Ridge High School  
Head Girls Track & Field Coach  
RHS Track & Field Staff  
High School and Collegiate Runners

**Awards will be given to all!**

# RIDGE TRACK & FIELD Fundamentals CAMP



Fundamentals  
Track & Field Camp  
July 15th - 18th

RIDGE HIGH SCHOOL  
TRACK AND FIELD FACILITY

**5:30-8:00 pm**

### Equipment:

- Dress for the weather
- Sneakers should be worn at all times
- Water bottle!!!

## CAMPER REGISTRATION ONE REQUIRED PER CAMPER

PLEASE ENTER THE FOLLOWING URL INTO  
YOUR BROWSER

<http://tinyurl.com/RHSFundamentalCamp>

### CAMP COST:

\$200 (one child, per session)

\$360 (two children per family per  
session)

### Make Checks Payable to:

Valley Project Track Club

Please Mail Checks to

Nicole Gilhuley

26 Birchwood Road

Bedminster, NJ 07921

or Venmo @Nicole-Gilhuley

For further information email/call:

[coachgilhuley@gmail.com](mailto:coachgilhuley@gmail.com)

(908) 531-2797



*Although this camp is consistent with the mission of the Bernards Twp. Board of Education, it is not a Board of Education endorsed or sponsored program. The program is a private enterprise, entirely separate from the Bernards Township Board of Education*