

The Ridge Track & Field Camp, directed by Nicole Gilhuley, Ridge High School Head Boys Track & Field Coach, will offer a more in depth experience intended for older athletes who are interested in learning the finer technical aspects of specific track & field events.

Such as:

High Jump
Long Jump/ Triple Jump
Shot
Javelin
Middle Distance and Distance
Sprints & Relays
Hurdles

Athletes will indicate which areas they want to specialize in throughout the week.

Ages:

Boys and Girls entering Grades 5-10
(Sept. 2024)

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

T-Shirts will be given to all!

RIDGE TRACK & FIELD Performance CAMP



Performance Track & Field Camp July 22nd - 25th

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/RHSPerformanceCamp>

CAMP COST:

\$220 (one child, per session)
\$400 (two children per family per session)/
\$400 (one child both fundamentals and performance camp)

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

(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