

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. 2025)

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 21st - 24th**

**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.

<https://tinyurl.com/RidgeCamp2>

CAMP COST:

\$230 (one child, per session)

\$410 (two children per family per
session)/

\$410 (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