



**Lil' Vikings Cross Country/Track and Field (Ages 2 – 5)**

- Description: 4 Sessions (August 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, and 7<sup>th</sup>, 2020)  
Registration Deadline – Tuesday, July 28<sup>th</sup>, 2020  
Bethany Lutheran College Campus – Sports and Fitness Center
- Time: 3:45 – 4:45pm
- Sessions: 4
- Cost: \$30.00
- Information: Have your child burn off some steam running, jumping and being active. Motor skill development and fun activities!

**Youth Vikings Cross Country/Track and Field (Ages 6 – 9)**

- Description: 4 Sessions (August 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, and 7<sup>th</sup>, 2020)  
Registration Deadline – Tuesday, July 28<sup>th</sup>, 2020  
Bethany Lutheran College Campus – Sports and Fitness Center
- Time: 4:45 – 5:45pm
- Sessions: 4
- Cost: \$40.00
- Information: Sign your kid up for an active learning environment with plenty of activities. Your child will be immersed into the variety of track and field events; from running, to jumping, to throwing. Your child is sure to find something that they are interested in!



**Vikings Silver Cross Country/Track and Field Camp (Ages 10 – 13)**

- Description: 4 Sessions (August 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, and 7<sup>th</sup>, 2020)  
Registration Deadline – Tuesday, July 28<sup>th</sup>, 2020  
Bethany Lutheran College Campus – Sports and Fitness Center
- Time: 12:30 – 3:00pm
- Sessions: 4
- Cost: \$60.00
- Information: Sign up your kid for a track and field experience. This camp is for any track and field athlete or potential athlete, regardless of ability level. Your child will learn from collegiate coaches and athletes, while becoming immersed into the variety of track and field events; from running, to jumping, to throwing.

**Vikings Gold Cross Country/Track and Field Camp (Ages 14 – 18)**

- Description: 4 Sessions (August 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, and 7<sup>th</sup>, 2020)  
Registration Deadline – Tuesday, July 28<sup>th</sup>, 2020  
Bethany Lutheran College Campus – Sports and Fitness Center
- Time: 8:30 – 11:00am
- Sessions: 4
- Cost: \$80.00
- Information: Have your son or daughter sign up for a premier track and field camp. This camp is for any track and field athlete regardless of ability level or experience. Collegiate coaches and athletes will instruct campers with proper; warm-up, technique, mechanics, workouts, cool-down, weight training, conditioning and hydration/nutrition. This camp will help athletes become more educated in the events of running, jumping and throwing, while gaining extra knowledge in nutrition and maximizing their competitive efficiency.