Rancocas Valley Track Club

P.O.BOX 564

Mt. Holly, NJ 08060

                                RANCOCAS VALLEY TRACK CLUB PRESENTS

                                                   "INTENSITY CAMP"

IT IS A CAMP FOR ATHLETES FROM AGES 8 TO 18.  AN ATHLETE MUST BE 8 YEARS OLD BY DECEMBER 31, 2015 IN ORDER TO PARTICIPATE.  THE CAMP IS NOT A RECREATIONAL CAMP!

IT WILL BE INTENSE WITH A LOT OF NONSTOP RUNNING AND CORE STRENGTHENING, WORKING ON BALANCE AND AGILITY TRAINING.

THE PROGRAM WILL RUN FROM JULY 198h to August 19th on every Monday and Friday.  TIME OF PRACTICE WILL BE FROM 6:30PM TO 8:30PM.

PRACTICE WILL BE HELD AT RANCOCAS VALLEY REGIONAL HIGH SCHOOL.

YOU CAN PARTICIPATE IN TRACK MEETS, BUT IT IS NOT MANDATORY.

TRACK MEETS START AT 5:30 WITH REGISTRATION.  TRACK MEETS WILL BE HELD AT MOORESTOWN HIGH SCHOOL ON BRIDGEBORO ROAD. DATES TO BE FORTH COMING.

REGISTRATION ENDS JUNE 15TH FOR THE SUMMER PROGRAM

THE COST IS $110.00 PER ATHLETE WITH COST TO A FAMILY WITH MORE THAN TWO RUNNERS NOT TO EXCEED $220.00.

45 IS THE LIMIT TO THE NUMBER OF REGISTRATIONS SO PLEASE GET YOUR REGISTRATION IN EARLY.

FILL OUT THE REGISTRATION FORM ON THE WEBSITE AT [WWW.RVTRACK.ORG](http://www.RVTRACK.ORG).

IF YOU HAVE ANY QUESTIONS PLEASE CALL 609-267-8253 OR EMAIL [INFO@RVTRACK.ORG](mailto:INFO@RVTRACK.ORG).