** RANCOCAS VALLEY TRACK CLUB PROGRAMS**

**SUMMER AND FALL PROGRAMS WITH RVTC**

**\* Summer Camp:** Intensity Camp is a camp designed for athletes from ages 8 to 18.  An athlete must be 8 years old by December 31, 2016 in order to participate.  This camp is not a recreational camp! It will be intense with a lot of nonstop running and exercise. The camp will run from 6:30 – 8:30 dates are July 10th to August 18th. All practices will be held at the Rancocas Valley track behind the high school on Mondays and Fridays. Registration ends June 15th for the summer program, which costs $110.00 per athlete.   
 **Fall Program: Start date is September 19th and end date will be October 19th with the times to be from 4 pm to 5:15 pm on Tuesdays and Thursdays. A second session will run from November 6th to December 16th with times to be from 5:45 pm to 6:45 pm and it will be indoors at Pivotal Training on Mondays and Wednesdays.**

**The cost of the fall program is $110 for the 1st session and $125 for the 2nd session. The location of practices for the 1st session will be at the Westampton Sports Complex where Tuesdays will be on the grass field and Thursdays on the Turf field next to the concession stand. Same age requirement as the summer Intensity Camp.**

**Ask us about our reduced cost for families of need.**

For more information contact Head Coach Keith Barr at 609-267-8253 or e-mail us at: [info@rvtrack.org](mailto:info@rvtrack.org). Check out our website: [www.rvtrack.org](http://www.rvtrack.org) and **Like us on** **Facebook!**

**Send in your registration form & payment today!**

Rancocas Valley Track Club \* P.O. Box 564 \* Mt. Holly, NJ \* 08060

\*\*This club is not affiliated with any school district and is NOT a school function.\*\*