



Upcoming 2nd-8th graders



Camp is \$50 t-shirt included.
Sign your child up by June 10th in order for them to receive a t-shirt from camp.

**For more
information Contact
Frankie Nunn
nunnf@btcs.org
423-340-0701**



Distance and Sprinter Workouts
Day 1-6:30-6:45 Warm up & Stretch
6:45-7:00 Learn some drills
7:00-7:20 Relays with pool noodle hurdles
7:20-7:25 Break
7:25-7:45 Sharks and minnows
7:45-8:00 Yoga for kids (Weather)
Day 2-6:30-6:45 Warm up & Stretch
6:45-7:00 Drills
7:00-7:20 Practice Competition areas
7:20-7:25 Break
7:25-7:45 Solve the puzzle
7:45-8:00 Yoga for kids (Spring)
Day 3-6:30-6:45 Warm up and Stretch
6:45-7:00 Drills
7:00-7:20 1-2-3-4 Run the track
7:20-7:25 Break
7:25-7:45 Hopscotch with empowering words
7:45-8:00 Yogo for kids (animal)
Day 4-6:30-7:00 Warm Stretch & Drills
7:00-7:20 1st round of competition
7:20-7:25 Break
7:25-7:45 2nd round of competition
7:45-8:00 Get t-shirts