

SHARC

Summer Health Agility Running Camp 2022



WHEN:

June 6th – June 10th
8 am to 11 am

LOCATION:

Bishop Verot High School 5598 Sunrise drive @ the football stadium/track

- * Camp fee: \$75 (checks payable to "Fort Myers Track Club" or cash accepted)
- * Camp fee includes t-shirt, goody bag, and race medal

AGE:

kindergarten through fifth grade

WHAT TO EXPECT:

Daily stretching, conditioning, strength, and core flexibility techniques
Relay racing and team building exercises
Running and sprinting drills
Last day of camp includes a race, parents are welcome to attend
FUN!

IN PERSON REGISTRATION INFORMATION:

***Camp has limited capacity! Register early!**

Tuesday, April 19th from 2 PM--6 PM at Run Florida on McGregor, 13101 McGregor Blvd
Saturday, April 30th from 11 AM--3 PM at Run Florida on McGregor, 13101 McGregor Blvd
Saturday, May 7th from 1 PM--3 PM at Run Florida on McGregor, 13101 McGregor Blvd

About SHARC:

Kylie Thomas and Maren Pflieger are local cross country and track runners at Bishop Verot High School. As a part of a school project, they decided on the idea to host a local youth running camp partnered and sponsored with Fort Myers Track Club. All proceeds are being donated to FMTC, a local non-profit 501 (c)(3) organization that helps raise money for local charities and awards college scholarships to local high school athletes and volunteers. This camp is designed to promote fitness and health for the youth running community.

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