



TRACK & FIELD SKILL DEVELOPMENT

JULY 20-24 & Aug 4-7

AGES 9-12 YRS

SCHEDULE OF ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up
Court Sport: Track and Field	Court Sport: Track and Field	Court Sport: Track and Field	Court Sport: Track and Field	Court Sport: Track and Field
SNACK	SNACK	SNACK	SNACK	SNACK
Field Sport: Cricket	Racquet Sport: Weekly Activity	Richmond Olympic eXperience	Studio Time: Gagaball	Water Games or Capture the Flag
SIGN OUT	SIGN OUT	SIGN OUT	SIGN OUT	SIGN OUT

Schedule is subject to change

ITEMS TO BRING TO CAMP:

Snacks & water bottle

Hat & sunscreen

Athletic attire & running shoes

Lunch (for all day campers)



**RICHMOND
OLYMPIC OVAL**

6111 River Road, Richmond B.C.
778.296.1400 | info@richmondoval.ca

richmondoval.ca



TRACK & FIELD FUNDAMENTALS

JULY 27-31 & Aug 24-28

AGES 6-9 YRS

SCHEDULE OF ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up
Court Sport: Track and Field	Court Sport: Track and Field	Court Sport: Track and Field	Court Sport: Track and Field	Court Sport: Track and Field
SNACK	SNACK	SNACK	SNACK	SNACK
Field Sport: Cricket	Racquet Sport: Weekly Activity	Richmond Olympic eXperience	Studio Time: Gagaball	Water Games or Capture the Flag
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