

Rock Hill HS

Track & Field (C)



## **ATHLETICS - Rock Hill Track & Field/Cross Country Camp 4-8 Grade**

Get ready to run, jump, and throw at our exciting Track & Field/Cross Country Camp! This camp is perfect for athletes in grades 4-8 who want to learn and develop the fundamental skills needed for success in both track & field and cross country. Our experienced coaches will guide campers through a variety of events including sprints, long-distance running, relays, hurdles, shot put, long jump, and more. Each session will focus on building technique, improving strength and endurance, and learning the proper form for each event. Whether you're a beginner or looking to refine your skills, this camp offers a fun, supportive environment for athletes of all levels to grow and improve! Campers will need water bottle, running shoes, athletic clothing. Middle School students must be in the RHHS feeder pattern.

**Camp Start Date:** June 9, 2025

**Start Time:** 12:00:00 PM

**Camp End Date:** June 12, 2025

**End Time:** 2:00:00 PM

**Date Details:** 6/9-12/2025 12:00-2:00pm

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**Venue Name:** RHHS Turf and Track

**Venue Address:** 16061 Coit Rd., Frisco, TX 75035

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**Camp Cost:** \$96.00

**Questions:** Zach Morgan [ztmorgan@prosper-isd.net](mailto:ztmorgan@prosper-isd.net) (469) 219 - 2300