

Speed Camp 2023

Purpose

- Improve speed, agility, running form, quickness, balance, and coordination.

Date & Time

June 8th through August 8th, 2023, Every Tuesday and Thursday - 8:30 AM to 10:00 AM. NO camp the on July 4th. Weight Room is open every Monday, Wednesday and Friday under supervision from 7:30 AM to 10:00 AM.

Eligibility

The camp is geared to anyone entering 5th grade and up. Anyone younger who wants to attend is more than welcome. This is a great way to get conditioned for the fall sports season.

Instructors

NCM/HS Coaches will run every speed camp.

Cost of Camp

\$35.00 which includes a T-shirt and pizza party on the last day of camp; camp fee must be paid with registration

Location: NCHS

Registration deadline is June 8th. Check to NCS due with registration



NCHS Track Accolades

2003 & '10 Division III Girls State Runner-up

2006 & '07 Division III Boys State Track Champions

2015 Division III Boys State Runner-up

2009 Division III Girls State Track Champions

9 Conference Titles

16 Regional Titles

8 Sectional Titles

