



Monarch Girls and Boys Spring Break Track and Field Camp 2024

Middle School athletes will join our varsity athletes during PLCS Spring Break and work with our athletes and coaches. Athletes will receive one-on-one work including warm ups, event specific drills, competition, fun games, and prizes. It will be a great way to get out of the house during Spring Break and prepare for the upcoming middle school track and field season!

Who: Girls and Boys currently in Grades 7 & 8.

When: Tuesday-Thursday March 12th-14th from 11:30am-1:00pm

Where: Papillion-La Vista High School Track and Field Facility

Cost: **\$50** including a t-shirt if you register by March 1st

Events: Sprints, Distance, Shot Put, Discus, High Jump, Long Jump, and Hurdles

What to bring: Running shoes, spikes (if you have them), appropriate clothing, and your own water.

Deadline: We will take registrations all the way up to March 12th, but we cannot guarantee a t-shirt after March 1st

Questions?: Contact Head Coaches Joe Pilakowski joe.pilakowski@plcschools.org or Shawn Gray shawn.gray@plcschools.org

Sign up
QR Code:

Sign Up
Website:

<https://www.plhsmonarchsummercamps.com/boys-track.cfm>

