

Hurdling Is Fun 2023



This is an invitation to six sessions of fun, learning and improving your hurdle skills in our 10th 'Hurdling Is Fun' hurdle camp.

When: April 21, 22, 28, 29, May 5 and 7.

Where: Glenmore Athletics Park, Calgary.

Who: Boys and Girls age 14 and up (by the end of 2023).

Hurdle experience not required.

Cost: \$100. Please make an e-transfer to coach.janlips@gmail.com

Payment is due by April 20.

Cheques made out to Jan Lips are acceptable (due at the first session).

One 90-minute practice session a day:

Fridays 3:30 -5:00 PM, Saturdays 2:00 – 3:30 PM. Sunday May 7

12:00 – 1:30 PM. Since there is a high school meet on Saturday May 6 we moved the practice to Sunday.

Bring water, all weather clothing. Spikes optional.

Coaching Staff:

Alexandra Carruthers (Calgary Warriors)

Ken Wright (Calgary Spartans)

Jan Lips (Calgary Warriors)

Send an email to coach.janlips@gmail.com to reserve your spot or to request more information. First come, first serve. *We reserve the right to limit the number of participants.*

Information you need to provide: name, gender, date of birth, contact phone number and email, club or school affiliation of the participant.

Hope to see many of you there.

Mr. Jan Lips, Coach

Calgary Warriors Track Club

