



JOHNSON COUNTY CENTRAL TRACK & FIELD

SUMMER SESSIONS

Speed Development and Event Work

Where: Johnson County Central High School
Meet on the track

Who: Current, future, and former T-Bird Track Athletes – Boys and Girls

Dates: Four Days in June and Four Days in July

- Tuesday 6/26: Sprints, Hurdles, High Jump, Long/Triple Jump
- Wednesday 6/27: Sprints, Hurdles, High Jump, Long/Triple Jump
- Thursday 6/28: Sprints, Hurdles, High Jump, Long/Triple Jump, Throws
- Friday 6/29: Sprints, Hurdles, High Jump, Pole Vault, Throws
- Tuesday 7/10: Sprints, Hurdles, Pole Vault, Long/Triple Jump, Throws
- Wednesday 7/11: Sprints, Hurdles, Pole Vault, Long/Triple Jump
- Thursday 7/12: Sprints, Hurdles, Pole Vault, Long/Triple Jump, Throws
- Friday 7/13: Sprints, Hurdles, Pole Vault, High Jump, Long/Triple Jump

Follow [@runjcc](#) on Twitter for updated schedules and event offerings.

Time: 8:00-9:30 am

Purpose: To introduce and develop the skills and technique required for track events

Contact:

Nick Weber – Head Girls Track Coach

Email: nick.weber@jccentral.org

Twitter: [@runjcc](#)

Phone: (402) 310-2136

Angie Huskey – Head Boys Track Coach

Email: angie.huskey@jccentral.org

Phone: 402-269-5652

Weather: In the case of inclement weather I will cancel the session via Twitter at 7 am

Distance: If interested in Cross Country, the team meets at 8:00 am, most days, during the summer. Check with Coach Weber for a schedule.