

Los Alamitos Griffins Summer Track & Field Camps 2026



MorningCamps

Session 1: June 8 – June 19 (Open to all athletes grades 3-12) **9:00-11:00am**

Session 3: June 22 – July 3 (Open to all athletes grades 3-8) **9:00-11:00am**

AfternoonCamps:

Session 2A: June 8 – June 19 (Open to all athletes grades 3-12) **2:30-4:30pm**

Session 4A: June 22 – July 3 (Open to all athletes grades 3-8) **2:30-4:30pm**

Cost: \$250, Discount for both sessions: \$350

Los Alamitos High School Track

3591 W. Cerritos Ave., Los Alamitos 90720

The purpose of this camp is to expose the athlete to Track & Field and to teach proper running form, which will improve performance in all sports! Any younger runners are encouraged to join and run; their workouts will be modified to meet their needs and they are encouraged to train with us. Some conditioning will be included in the camp! Track athletes will be trained in various track events and receive track specific coaching. They will sprint, jump, hurdle and throw. *Bring all your workout gear, a water bottle and a positive attitude! Afternoon camps will include some pool work, so bring a suit. Along with Coach Howard, many of the current Griffin coaching staff and former athletes will be there to instruct students in all disciplines of Track and Field!

Registration: Go to LAEF4kids.org/camps

Click on the "Register Now" button

Choose "Summer Sports Camps 2025" from the "Season" pull-down menu,
then click "Apply Filter"

Find your session(s), create a profile/log-in and sign up!

You may also select the Coach's name in the "Instructor" pull-down menu to further filter the camps.

Questions? Email Nathan at coachhoward@gmail.com or call (562) 544-1572 (text/email preferred)

Email LAEF at info@LAEF4Kids.org or call (562) 799-4700 ext. 80424

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