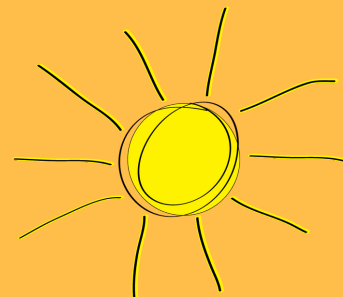


SUMMER CAMPS

GET BACK TO NATURAL MOVEMENTS



One week summer camp offer amazing opportunity to practice all athletic events including several other sports. Kids spend every day 4 hours outdoors and enjoy athletic stadium and all nearby sporting facilities, including rowing house by the lake.

Training Structure is designed to maximise the active time spent in the camp with four main training blocks displayed in the chart below. As education is one of the mission pillars we offer children short presentations about sport related topics during each training session.



WARM UP

Jogging, Stretching, Skippings,
Agility Exercises ...

TRACK & FIELD EVENTS

Long Jump, High Jump, Hurdles, Shot
Put, Javelin Throw, Team Relays ...

BACK TO NATURE

Own Body Exercises,
Plyometrics, Barefoot
Running...

COOLDOWN & PRESENTATION

Nutrition, Sport and
Injuries, Life of an Athlete...

DO NOT FORGET

- **Bottle of water**
- **Towel and swimsuit**
- **Snacks and Lunch**
- **Sunscream**

MEETING POINT:

**Entrance of Pierre de
Coubertin stadium in Vidy**

DROP OFF starts 8:45

PICK UP at 13:00

**Friday pick up is at 14:00
in front of the OLYMPIC
MUSEUM in Lausanne**

Camp is designed and organised by Slaven who is an Olympian decathlete. In 2017 edition of Kids Athletics summer camps introduction to mindfulness and meditation will be presented and practiced.

Up to 12 kids age 8-14 are accepted in one camp which is taught mainly in english language. There is no selection process, all levels are welcomed. The more diverse the group is, the more kids learn in one week. Swimming in the lake is part of the recovery after each training if the weather is acceptable.

On Friday from 12:00 - 14:00 kids visit the Olympic Museum and the Olympic Study centre.

JULY 3-7
10-14
17-21

AUGUST 14-18
21-25