

# **1st Annual Gold Rush Athletics**

## **Winter Camp**

**December 27-29, 2012  
1PM-4PM**

**Come and jump start your season**

**All athletes welcome ages 5 and up**



**Camp will cover fundamentals in running, throwing,  
jumping, conditioning and nutrition**

**Cost \$60 includes tee shirt and water**

**For more information on this camp and the programs  
we offer visit [Goldrushathleticclub.weebly.com](http://Goldrushathleticclub.weebly.com)**

**Email: [goldrushathletics@yahoo.com](mailto:goldrushathletics@yahoo.com) or call 954-985-  
8842**