



CAL TAF Summer Camp

The CAL TAF Summer Camp is designed to introduce athletes between the ages of 6 and 15 to the sport of track and field while at the same time developing fundamentals of the sport and a general foundational level of fitness that will benefit these young athletes in all aspects of their lives. Athletes will work through half day sessions that will provide an exciting mix of technical practice, games and other fun activities. The focus will be on learning the fundamentals of running, jumping and throwing as well as developing speed and agility using age appropriate progressions.

	WEEK 1		WEEK 2
Date:	Daily from Monday to Friday July 4-8, 2022	Date:	Daily from Monday to Friday July 25-29, 2022
Time:	12:00 pm to 3:00 pm	Time:	12:00 pm to 3:00 pm
Location:	Glenmore Athletic Park	Location:	Foothills Athletic Park
Cost:	\$185.00	Cost:	\$185.00

Head Coach - Samantha Read

Samantha competed for CAL TAF in the sprints and middle distance events and achieved All Canadian status while at the University of Calgary. Post collegiately in the United States, she competed for the Nike Farm Team in the middle-distance events.



While living in the United States she was the Head Track and Field and Cross Country Coach at Mountain View High School in Mountain View, California. In her time there, she was named the Santa Clara Valley Athletic League Honor Coach for Girls Cross Country as well as Girls & Boys Track and Field.

Samantha is the Head Coach for our Junior Development Group and the Head Coach for our Senior Distance Group. In 2015 and 2016 Sam was named Development Coach of the Year by Athletics Alberta. Sam has been the Head Coach for Zone 3 for the Alberta Summer Games Team, Head Coach of the Alberta Legion Team, Tri-Province Team and in 2019 was the Distance Coach for Western Canada Summer Games. This summer Sam will be the Distance Coach for Team Alberta at the Canada Summer Games. Sam is a Certified NCCP Performance Coach and she is also pursuing her master's degree in Sport Management with a concentration in Coaching Theory and Strategy.