



**Kingsport  
Track and Speed  
Camp  
June 4, 5 & 6  
9:00- 11:45**

**Who Benefits?**

Athletes who want to learn techniques for the different track disciplines

**What will be taught?**

Drills and techniques in the different track events.

For grades 3rd-9th

Location: Dobyys-Bennett Track

**Instructors:**

- Bob Bingham-Dobyys-Bennett Head Track Coach
- Brian Barrett- Dobyys-Bennett Strength and Conditioning Coach
- Current and former D-B athletes

**MAIL CHECKS TO:**  
D-B Track Boosters  
Dobyys-Bennett High School  
1800 Legion Drive  
Kingsport, TN 37664

**Cost: \$50** (Free to those enrolled in the City of Kingsport Summer Playground Program)

\*Snacks will be provided each day.

For more information please contact Bob Bingham: [rbingham@k12k.com](mailto:rbingham@k12k.com) or 423-361-3831

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Name: \_\_\_\_\_ Grade: \_\_\_\_ Sports Played: \_\_\_\_\_

Parent or Guardian Name: \_\_\_\_\_ Emergency Phone#: \_\_\_\_\_

Address: \_\_\_\_\_

Parent or Guardian Signature: \_\_\_\_\_