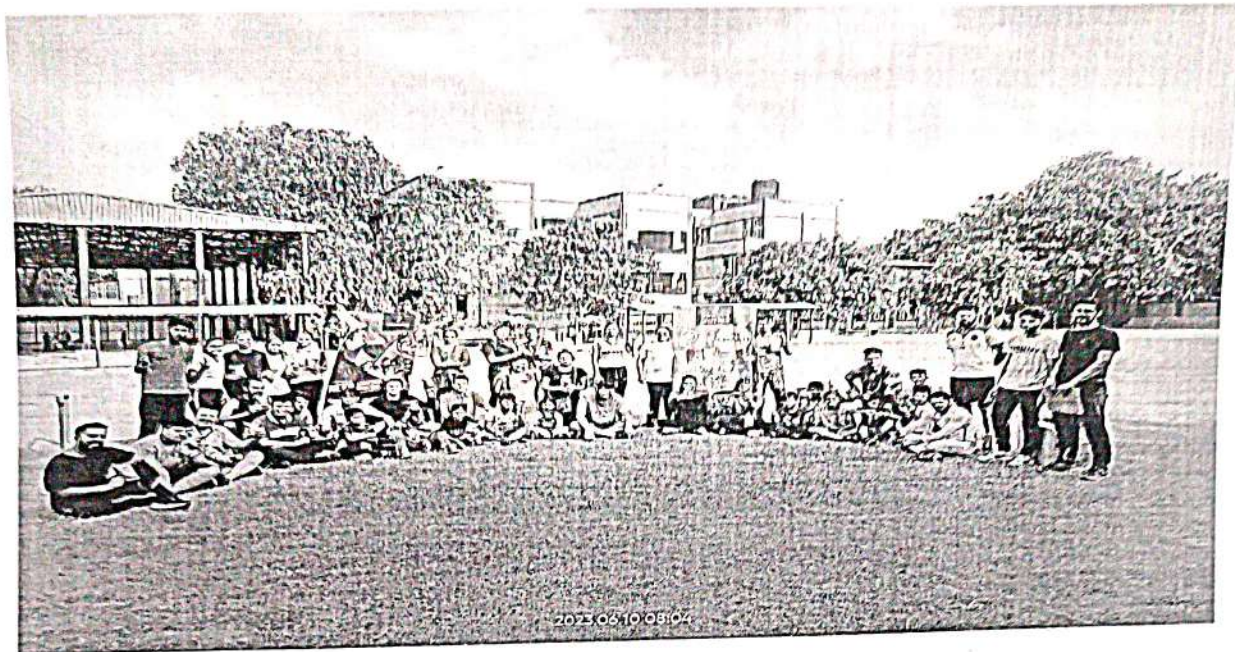


# ATHLETICS SUMMER CAMP REPORT

1<sup>ST</sup> JUNE TO 30<sup>TH</sup> JUNE, 2023



## **FIRST WEEK OF SUMMER CAMP**

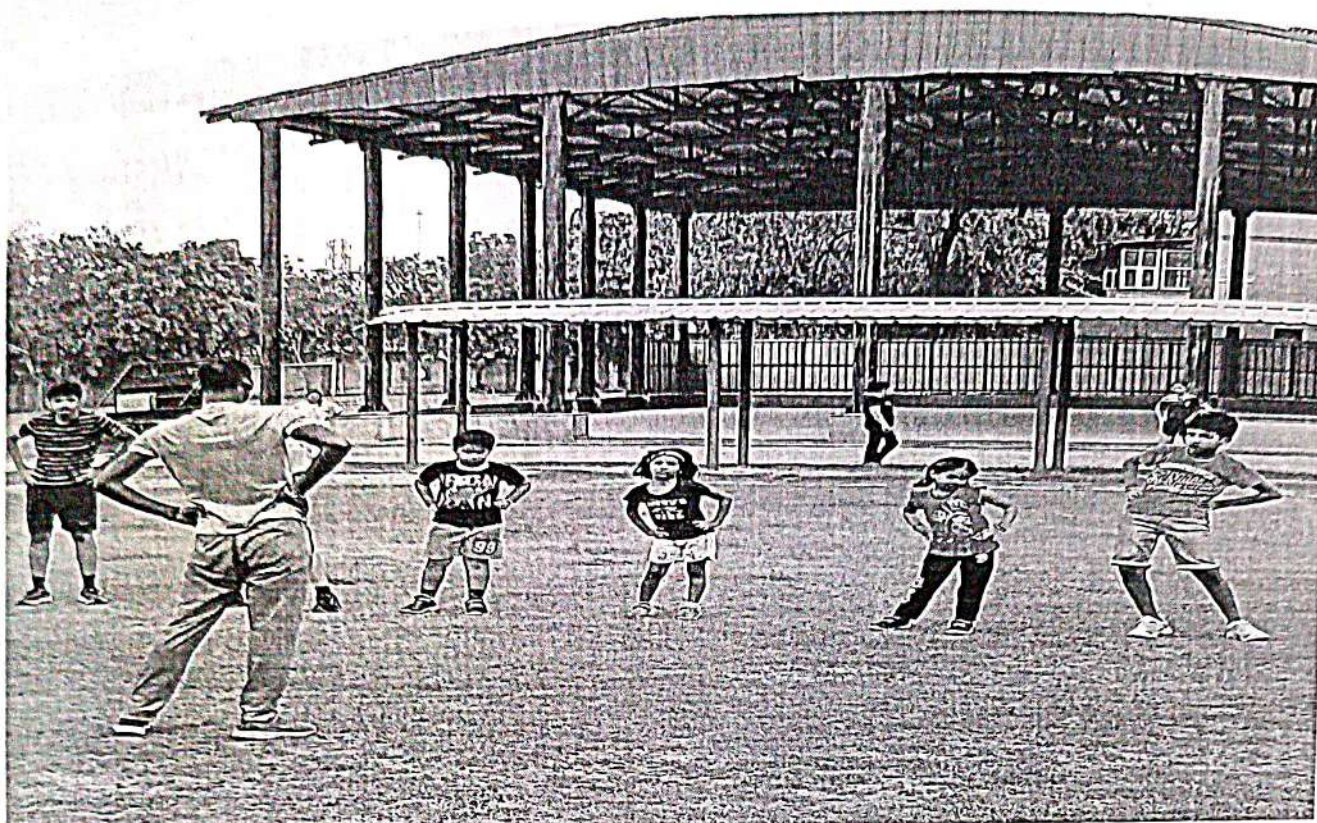
On first day of the summer camp, we introduce our little champs and their parents with all the trainers and teachers present in the summer camp. The students were fully excited for the camp showing that they are fully energized. We can see on their blooming faces.

In the beginning of the camp, we took pre-measurements of the students who were participating in the camp to see their natural capabilities, to see how much they are physically and mentally fit.

### **Pre-testing measurement procedure:-**

1. 4-8 YEARS- "DASH RUN (30mtr, 50mtr, 60mtr.)
2. 9-12 YEARS- "STANDING BROAD JUMP" SHUTTLE RUNS
3. 13-14 YEARS- "KNEE BENT PUSH UPS, MODIFIED PUSH

After that we planned different conditioning exercises for the students. The whole first week was based on body conditioning (**whole body strength development**) for students. Accordingly, there are some specific muscular and endurance training methods which includes long distance running, explosive jump, and circuit training etc.

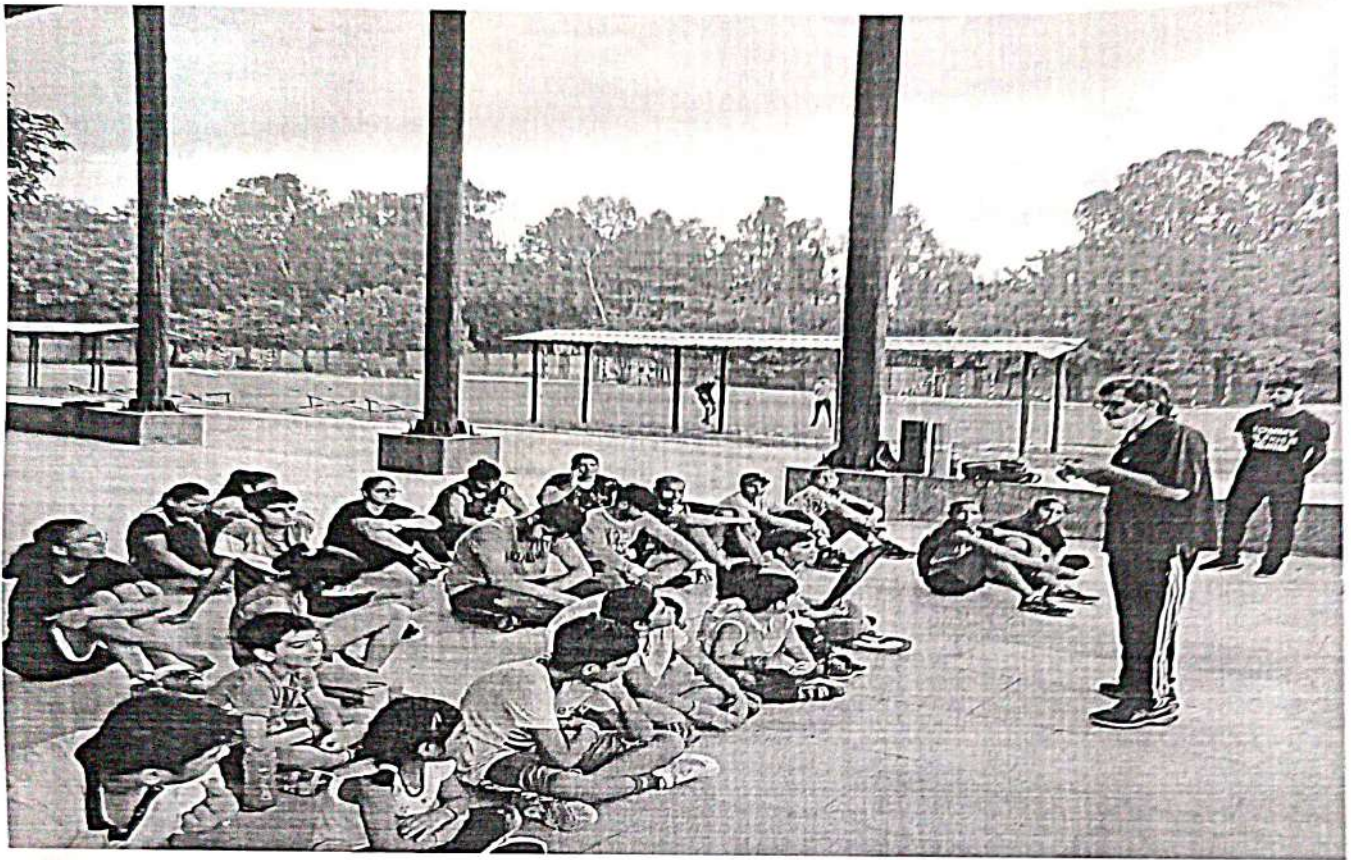


## SECOND WEEK OF SUMMER CAMP

On the second week of our summer camp we started the day with fall in attendance of students, our HOD (HEAD OF DEPARTMENT) Professor PARDEEP KUMAR visited our summer camp and gave a wonderful motivating speech for all the attendees present for the summer camp. Sir told children about healthy diets and also told them how junk food was bad for their health. He also gave knowledge to parents about the whole day healthy and balanced diet for their children and themselves.

For the second week of training our aim was to provide knowledge to our students regarding event specific programs to make their event selection choice easier.

Afterward we started warm up which included slow jogging, some exercise and stretching. He even took part in the training session of that day and enjoyed with the children and also played a huge part in end day activity which was organized for the children. Everyday we start training with some different kind of training sessions which is full of energy so the students enjoyed the training sessions.

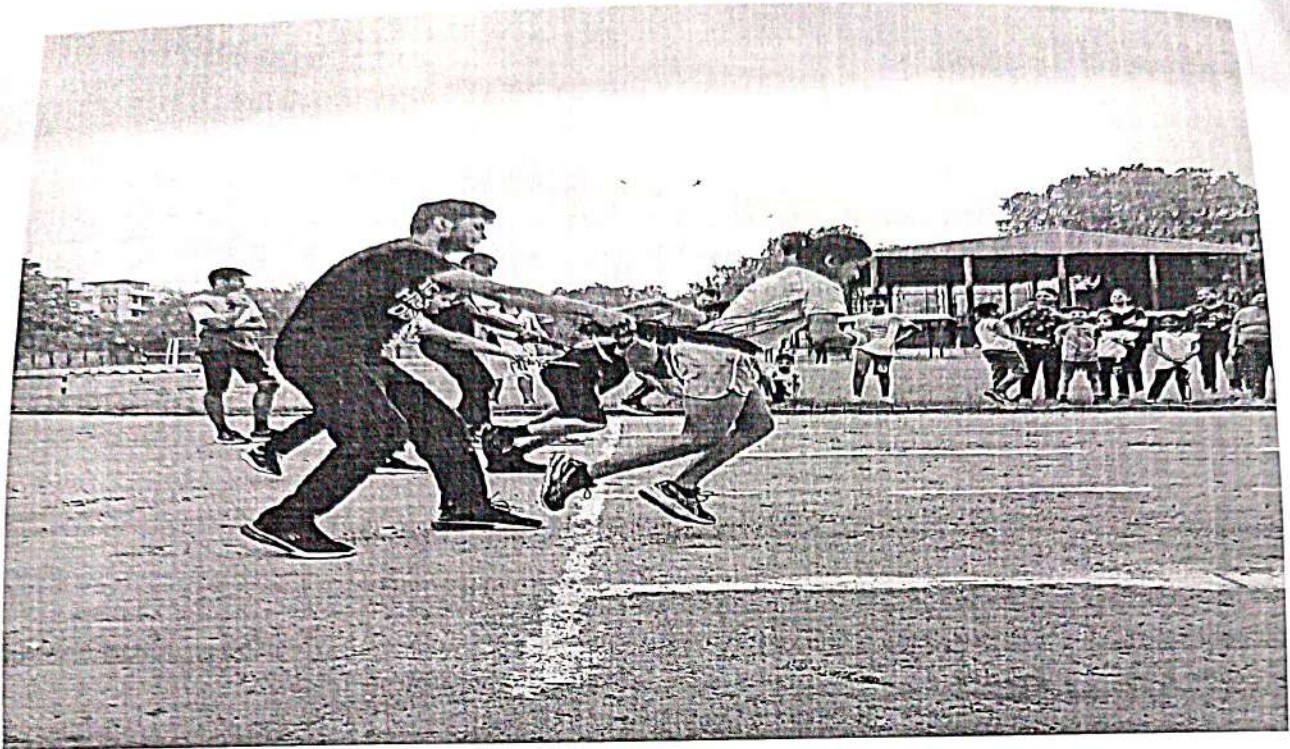


### THIRD WEEK OF SUMMER CAMP

On the start of the third week of our summer camp our college principal professor Sandeep Tiwari visited our camp and met with the students and their parents. As he was asked to give a speech to our little champs in regards to that he gave a motivating speech regarding the benefits sports and having good physical health and how would having a good physical health will help them in very day to day life. Students listened to their speech very carefully and even asked questions regarding physical health and fitness which was answered by sir.

For the third week of our camp the aim was to give (event specific training) to our students with (body conditioning.)

At the end of each day, we played recreational activities, which included students, teachers and their parents. Recreational activities included ball games and obstructive running. We also planned small gifts for the winner of recreational activities which was focused on the children. The motive of recreational activity was to motivate and build confidence of the student. We also provided refreshment to students every day after their work or activities.



## FOURTH WEEK OF SUMMER CAMP

On the last week of our summer camp our training plan was to put a **major focus on event specific training**. As it was the last week of our summer camp everyone enjoyed a lot, as we increased some more recreational activities.

### Post testing procedures:

1. 4-8 YEARS- "DASH RUN (30mtr, 50mtr, 60mtr.
2. 9-12 YEARS- "STANDING BROAD JUMP" SHUTTLE RUNS
3. 13-14 YEARS- "KNEE BENT PUSH UPS, MODIFIED PUSH

From the third last Day of the camp, we started testing post measurement of the students. After that we compiled the pre measurement test and post measurement test, and we found that most of the students which were regular attending the camp have improved their self in all the fields.

At the end of the camp respected teachers from our institution also joined us and gave motivational speech. Our teachers were very friendly with the students. The motive was to do exercise with fun and laugh not with pressure.

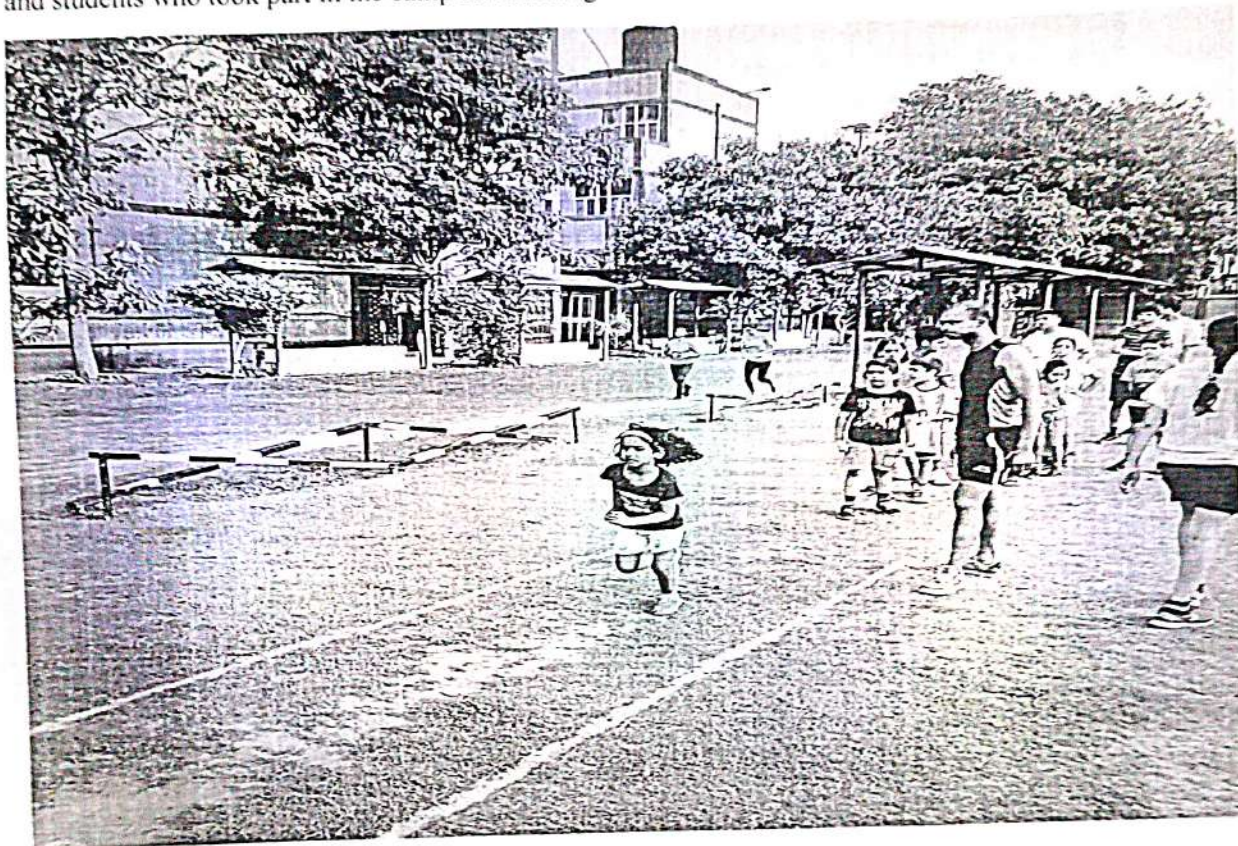
On the last day of the camp, our professor Dr. JP Sharma sir visited and met the students and their parents.

As it was the last day we organized a small competition for students, so that their parents know their performance and motivate them to do their best.

We also organized running competition for their parents.

At last, we distributed certificate, T-shirts, and refreshment among students and thanked their parents that they came forward and took part in this camp.

This one month camp was full of joy and excitement, and this was a wonderful experience of our teachers and students who took part in the camp for teaching the little ones.



**COACH AND CO-ORDINATOR: DR TRIBHUVAN RAM NARAYAN**

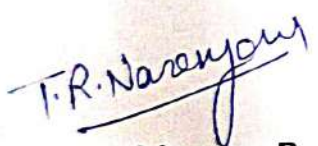
1. DEEPAK DHANAK ( B.Sc.2<sup>nd</sup> year)
2. RAHUL KUMAR (B.Sc.2<sup>nd</sup> year)
3. NEHA KUMARI (B.Sc.2<sup>nd</sup> year)
4. WAQAR AHMED (B.Sc.2<sup>nd</sup> year)
5. HIMANSHU SINGH (B.Sc. 1<sup>ST</sup> YEAR)
6. PRACHI (B.Sc. 1<sup>ST</sup> YEAR)
7. KUMKUM MAURYA (B.Sc. 1<sup>ST</sup> YEAR)
8. DIKSHA KUMARI (B.Sc. 1<sup>ST</sup> YEAR)
9. HARSHITA RAWAT (B.Sc. 1<sup>ST</sup> YEAR)
10. TARUNA KUMARI (B.Sc. 1<sup>ST</sup> YEAR)
11. ADITYA KUMAR (B.Sc. 1<sup>ST</sup> YEAR)



S.No.	NAME OF ATHLETE	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15
1.	Devarak	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2.	Madhya	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
3.	Hirdeh Bhatt	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
4.	Dev Kanchal Prajapati	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
5.	Utkarsh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
6.	Arka Bhatt	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
7.	Reyansh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
8.	Yash	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
9.	Ayansh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
10.	Divij Yadav	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
11.	Krushik Yadav	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
12.	Rishu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
13.	Vidhan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
14.	Iraj	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
15.	Shivang	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
16.	Itika Nair	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
17.	Hansh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
18.	Vinda	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
19.	Vinay	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
20.	Aggiri	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P



Prof. Pradeep Kumar  
Coordinator,  
Athletics Summer Camp



Dr. Tribhuvan Ram Narayan  
Co- Coordinator,  
Athletics Summer Camp