

# Join AIA T&F in '24

## **Camps/Projects:**

### **TUFF Camp: July 4 - 12 (1 wk+)**

Train in 3D: Be a camp counselor/coach at our HS running camp that's been held at Hope College in Holland, MI since 1990.

[AthletesInAction.org/camps/Tuff-Camp](https://AthletesInAction.org/camps/Tuff-Camp)



### **Sprint & Hurdle Clinic: June 26th 9am-1pm**

Open to high school and junior high sprinters and hurdlers seeking to maximize their performance by training physically, mentally, and spiritually. This half-day clinic will be held at Ohio Wesleyan. Coaches and trainers from Athletes in Action will lead this clinic.

[Sprint-Hurdle Clinic Info & Sign-Up](#)

### **Altitude Project: July 21 - Aug 4 (1 or 2 wks)**

Developing collegiate distance runners to excel in competitive running & Christian living. Mammoth Lakes, CA

[AltitudeProject.com](https://AltitudeProject.com)



## **Tours:**

### **Switzerland: July 14 - 28 (2 wks)**

Minister to elite athletes preparing for the Olympics at high altitude. Performance standards & TUFF camp required.

[AthletesInAction.org/Track-and-Field](https://AthletesInAction.org/Track-and-Field)

Info & sign-up at:

[athletesinaction.org/track-and-field/](https://athletesinaction.org/track-and-field/)

