



YOUTH TRACK AND FIELD TRAINING

DESCRIPTION:

Beginner(9-13yrs) group will be an introduction to track and field events. Running form, agility and coordination will be emphasized throughout the trainings.

Advanced(10-17yrs) group will emphasize running technique, sprint endurance, aerobic fitness and sport specific skills. An intermediate level running ability and the willingness to work at trainings is a requirement.

*New athletes must contact us before signing up for the advanced group.

LOCATION: Cal Poly Track

COACH: Tonie Amaral

COST: \$275 Beginners, and \$415 Advanced

Beginner

November 29 - February 23

Mondays and Wednesdays

4 - 5pm

Beginner

November 30 - February 24

Tuesdays and Thursdays

3:30 - 4:30pm

Intermediate/Advanced

November 30 - February 24

Tuesdays, Thursdays and Sunday

4:30 - 5:45pm

NO TRAINING SESSIONS 12/22 - 1/9

***MAXIMUM GROUP SIZE IS 10**

FOR MORE INFO & TO REGISTER, PLEASE VISIT OUR WEBSITE AT:

<http://www.slotowntrackclub.com>

SLO Town Track Club is a Non-Profit 501(c)(3) Organization

Tax ID #: 46-3357881

