



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(11-17yrs) 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

Beginner (10 weeks)

March 14 - May 25

Mondays and Wednesdays

4:45 - 5:45pm

Cost: \$275

Beginner (4 weeks)

March 15 - April 7

Tuesdays and Thursdays

3:30 - 4:30pm

Cost: \$115

Intermediate/Advanced (4 weeks)

March 13 - April 7

Tuesdays, Thursdays and Sunday

4:30 - 5:45pm

Cost: \$170

NO TRAINING APRIL 9 - 17

***MAXIMUM GROUP SIZE IS 12**

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

