



# YOUTH TRACK AND FIELD TRAINING

## DESCRIPTION:

### Young Beginner(7-9) and Beginner(9-13yrs)

groups 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 (8 weeks)

June 13 - August 10

Mondays and Wednesdays

10:30 - 11:30am

Cost: \$230

Beginner (8 weeks)

June 14 - August 11

Tuesdays and Thursdays

3:00 - 4:00pm

Cost: \$230

Young Beginner (8 weeks)

June 13 - August 10

Mondays and Wednesdays

9:30 - 10:30am

Cost: \$230

Intermediate/Advanced (8 weeks)

June 12 - August 11

Tuesdays, Thursdays and Sundays

4:00 - 5:15pm

Cost: \$345

**NO TRAINING JULY 3 - 9**

**\*MAXIMUM GROUP SIZE IS 12**

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

<http://www.slotowntrackclub.com>

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

Tax ID #: 46-3357881

