



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(12-17yrs) 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: Emily Allis

Beginner (8 weeks)
September 6 - October 27
Tuesdays and Thursdays
4:00 - 5:00pm
Cost: \$235

Intermediate/Advanced (8 weeks)
September 6 - October 30
Tuesdays, Thursdays and Sundays
5:00 - 6:15pm
Cost: \$350

***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

