



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: Tonie Amaral

Beginner (8 weeks)

November 28 - February 1

Mondays and Wednesdays

4:00 - 5:00pm

Cost: \$240

Intermediate/Advanced (8 weeks)

November 29 - February 9

Tuesdays, Thursdays and Sundays

4:00 - 5:15pm

Cost: \$360

***MAXIMUM GROUP SIZE IS 12**

***NO TRAINING DECEMBER 22 - JANUARY 8**

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

