

4th Annual Hurdle Clinic
2nd Annual Sprint Clinic
and
Announcing
1st Annual Distance Clinic
Saturday February 13th, 2010

Registration 8 am to 9 am Athlete Clinic, Sprint Clinic 9 am – 1pm
Pacifica High School Track Stadium (enter off Entrada). 600 Gonzales Oxnard, CA 93030

Contact: Eugene Byrne: **805.910-7435** email: **coachingtrack@yahoo.com**

COLLEGE, HIGH SCHOOL, YOUTH ATHLETES
Everything you need to know about:
Warm up, Drills, Technique, Race strategy, Shoe
selection and nutrition!

COACHES

Injury prevention, proper warm-up, network with
other coaches. Hand-outs available to all coaches
attending

**Athletes attending bring: water, food and incase of inclement weather a change
of clothes and rain gear**

Coaches presenting clinics:

Hurdles – Coache Gene Byrne usatf level II, nsca-cpt
Sprints - Jason Daw head coach pacifica high school, physiologist
Distance – Presented by INSIDE TRACK VENTURA California.
Science of Injury Prevention – Logan Osland cscs and Jena Scarlett Van cscs

Donations accepted