

2011 CUPERTINO PRIDE TRACK & FIELD CLUB

SUMMER SEASON



WHEN: JUNE 28 – JULY 28TH (TUESDAYS/WEDNESDAYS/THURSDAYS)

TIMES: TUESDAY/WEDNESDAY @ HYDE 3:30 – 5:30

THURSDAY 5:00 – 7:30 OR LATER AT LOS GATOS HIGH SCHOOL

WE WILL BE PARTICIPATING IN THE "LOS GATOS ALL COMER MEETS" EVERY THURSDAY

WHERE: HYDE MIDDLE SCHOOL/LOS GATOS HIGH SCHOOL

**WHO: TRACK & FIELD ATHLETES OF ALL LEVELS AND ABILITIES. PRIMARILY INCOMING 6TH GRADERS, 7TH & 8TH GRADERS
REGISTRATION IS OPEN TO ANYBODY FROM ANY SCHOOL. TELL YOUR FRIENDS AND FAMILY**

COST BEFORE JUNE 20TH: \$ 225 - COST JUNE 21ST OR LATER : \$250

- TRAINING WITH THE CUPERTINO PRIDE TRACK & FIELD CLUB WILL PROVIDE ALL THE TOOLS YOU WILL NEED TO TAKE YOU TO THE NEXT LEVEL. YOU WILL EXPERIENCE AND LEARN EVERYTHING ABOUT TRAINING STRATEGIES, GOAL SETTING, WORKOUT PLANNING, OPPORTUNITIES TO RACE/COMPETE THAT ARE SPECIFIC TO YOUR DEVELOPMENTAL ABILITY.

- YOU WILL BE MORE SUCCESSFUL IN ANY UPCOMING SEASON OF CROSS COUNTRY, TRACK & FIELD, OR ANY OTHER SPORT. PARTICIPATION IN USATF EVENTS CAN BE YEAR ROUND AS WELL, SO START NOW!

JOINING THE CUPERTINO PRIDE TRACK & FIELD CLUB INCLUDES:

- 4 WEEKS OF TRAINING, CONDITIONING, PLANNING AND PREPARATION
- 2011 USATF MEMBERSHIP FEES
- OFFICIAL "CUPERTINO PRIDE T & F CLUB" COMPETITION T-SHIRT
- ENTRY INTO THE LOS GATOS ALL-COMER MEETS.
- GOOD FRIENDS, MEMORIES AND A WHOLE LOT MORE CONFIDENCE!

REGISTRATION PROCESS:

PLEASE RESERVE YOUR SPOT NO LATER THAN JUNE 20TH OPEN TO EVERYBODY WHO IS INTERESTED

E-MAIL COACH PONCE TO RESERVE YOUR SPOT AND GET AN ATHLETE PACKET SENT TO YOU

EMAIL YOUR REQUEST TO - richard.a.ponce@gmail.com

**CUPERTINO PRIDE IS RUN BY HYDE MIDDLE SCHOOL TEACHER/COACH RICHARD PONCE
CROSS COUNTRY AND TRACK & FIELD HEAD COACH - HYDE MIDDLE SCHOOL**

**JOIN CUPERTINO PRIDE T & F CLUB...YOU'LL NEVER FORGET IT!!!
DON'T JOIN THE CUPERTINO T & F CLUB...YOU WILL REGRET IT!!!**