

100 W. Dr. Martin Luther King Blvd. Stockton, CA



6 Vault;
Runs 20.8



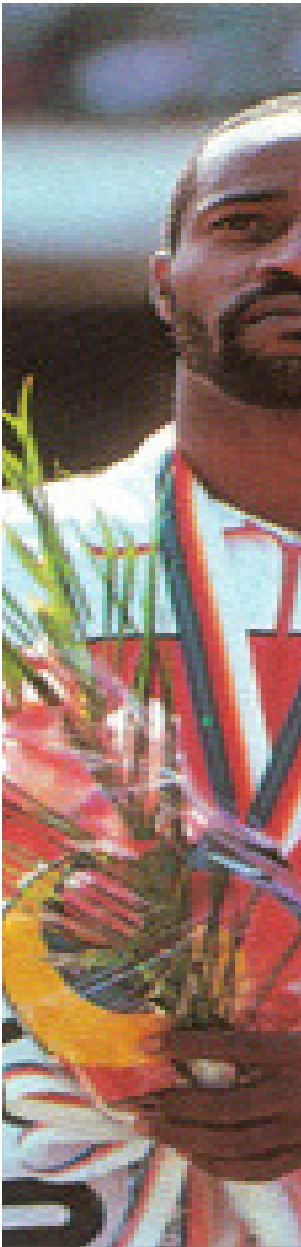
EDISON HIGH SCHOOL
AND SPEED CITY TECH
PRESENTS

TRACK AND FIELD/ XC CLINIC

9AM-4PM SATURDAY
FEBRUARY 10, 2018



For more information
contact: Email:
lesterbond@gmail.com
speedcitytech@gmail.com
Social Media: Facebook:
Speed City Tech
Instagram: [speedcitytech](https://www.instagram.com/speedcitytech)
Phone: (209) 481-5722



SPEED CITY TECH

REGISTRATION IS FREE

ON SITE REGISTRATION
STARTING AT 8AM

This clinic will focus mainly on helping athletes of all ages perfect their technique, training, and gain a greater understanding of their body and their event.

At lunch time there will be a demonstration and practice of Isokinetics, a non gender age specific reliable challenging and fast full extension muscle strength & flexibility system

Presenters include . . .

- Andre Phillips - Olympic Gold Medalist, Hurdles
 - Millard Hampton - Olympic Gold and Silver Medalist, Sprints/Relays
 - "Bullet" Bob Poynter - Elite Athlete and Coach, Sprints/Relays
 - Frank Slaton - NCAA All-American, Coach, Sprints/Hurdles
 - George Carty - NCAA All-American, Coach, Hurdles
 - Eric Sloan - NCAA All-American, Long & Triple Jump
 - Jannell Hadnot - USA Olympic Trials Finalist, Triple Jump
 - Lester Bond - NCAA All-American, Coach, LJ/TJ
 - Monty Stedman - Coach and Author, Cross Country
 - Greg Wright - Coach, Pole Vault
 - Mike Sandler - Coach, Pole Vault
- Local area coaches have been invited to participate in presentations.