



Los Gatos High School Track and Field SUMMER CLINICS

Los Gatos summer Track and Field Clinics

Who: open to all ages

Where: Los Gatos High School Track

When: Track and Field Clinics

June 16, 17 (All Comers meet June 16 -6pm following Clinic)

June 30, July 1 (All Comers meet June 30 -6pm following Clinic)

July 14, 15 (All Comers meet July 14 -6pm following Clinic)

Time: 4pm – 7pm

Cost: \$250/athlete/clinic for 2 days 2-3 hours each day-

***If you are in Clinic on the day of the All comers meet..**

—your fee to the All Comers Meet will be waived.

Make payable to: Los Gatos High School Track and Field,

Cash accepted at gate:

Pay app - will be available.

What you will need: a good pair of running shoes.

Spikes if you already have them. If not do not purchase until we have done analysis.

Groups: You must pick a specialty

Sprints

Distance

Jumps

Throws

Hurdles

Coaches: Los Gatos Track and Field Coaching staff, local High School and Club coaches. USATF certified Coaches.

Private 1 on 1 coaching available; 1 hour for \$250.

Please arrange it with Coach directly.

Here is what to expect

- 1. We will do video analysis**
- 2. We will develop a training and workout program and more important we will show you HOW to implement your plan**
- 3. You are not here to run Faster but to learn how to run faster, You are not here to jump or throw far— but to learn how**

Coaches will receive a stipend for each clinic. We are very open to other High School Coaches being a part of the clinics.

Our Goal is to develop our CCS talent so that we have a stronger presence at the CIF state meet next year.

All athletes will have to sign a liability waiver. Parents are welcome to watch.

For more information please email

Danny Colton, "Doc" at paindoctor@aol.com

Or by text message: 3107043281