

FOX athletics

Holiday Hurdle Clinic

December 29 – January 1 12- 2pm M-Th
Los Altos High School, Los Altos

This clinic is excellent for hurdlers looking to improve not only their technical skills but also speed through the hurdles. Clinic includes video analysis and a full evaluation on the first and last day. The clinic is small group, hands-on, intensive training and requires a fair amount of physical readiness. Focus will be on running and hurdling technique, strength, flexibility, coordination, and specific endurance. Clinic is open to junior high and high school athletes. Clinicians include Cal Poly hurdles coach and former Bay Area high school and collegiate coach Julia Picksley (formerly Widstrand) and multiple CCS champions and Division I hurdlers. Space is limited. \$100.00 Contact Coach Picksley with any questions at 650-862-2655.

First _____ Last _____

Email _____

Age _____ Gender M/F

Address _____

City _____ Zip _____

Phone Hm _____

Emergency Contact _____ Phone _____

*Make checks payable to FOXathletics and mail with registration form to:
694 Church St, San Luis Obispo, CA 93401*