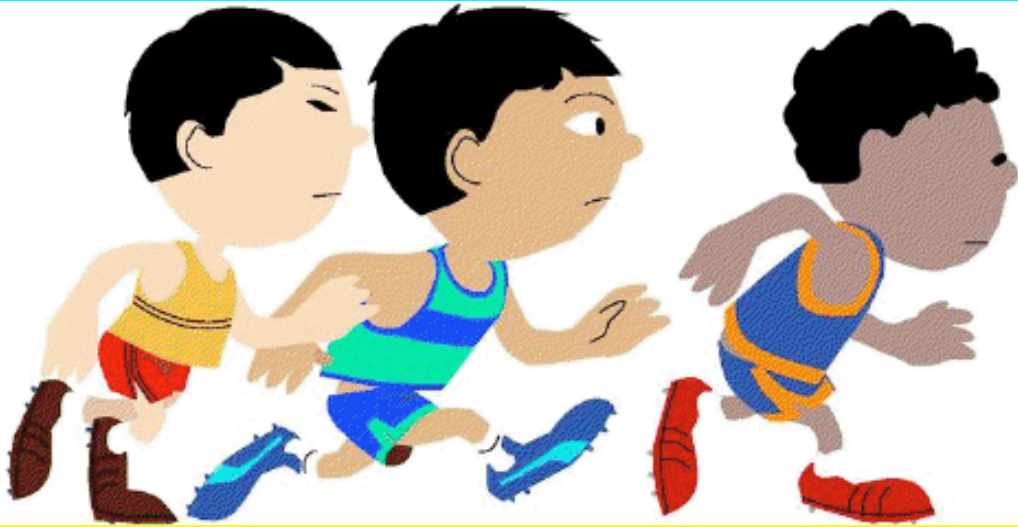


2010 CUPERTINO PRIDE TRACK & FIELD CLUB



SUMMER PRACTICE STARTS

WHEN: JULY 5 – JULY 29TH (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

REGISTRATION IS OPEN TO ANYBODY FROM ANY SCHOOL. TELL YOUR FRIENDS AND FAMILY

COST BEFORE JUNE 20TH: \$ 200 - COST JUNE 21ST OR LATER : \$225

- IN ORDER TO BECOME SUCCESSFUL AT ANYTHING, IT IS GOING TO TAKE HARD WORK, SWEAT, AND A POSITIVE ATTITUDE... TRACK & FIELD IS NO DIFFERENT, BUT IN THIS CASE, THE HARD WORK WILL PAY OFF, THE SWEAT WILL BE FROM HAVING FUN, AND NOTHING BUT GOOD TIMES WILL HAPPEN IF YOU JOIN THE CLUB!!!

- 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
- 2010 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

- richard.a.ponce@gmail.com

2. COMPLETE ATHLETE INFORMATIONAL PACKET.

3. WRITE CHECK PAYABLE TO

RICHARD PONCE AND MAIL ALONG WITH COMPLETED ATHLETE INFORMATIONAL FORMS TO

RICHARD PONCE

241 S 14 ST

SAN JOSE, CA 95112

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