

SKYHAWKS SPEEDSTERS

Track & Field Club

Middle School Clinic Series

Location: Sequoia HS Track

Time: Sun. 11:00am to Noon (3/16 - 5/18)

Ages: 6th - 8th grades

This program is for the middle school athlete who wants to improve his/her running, jumping and throwing skills. Each meeting focuses on a specific track and field discipline, and is perfect for any spring sport athlete wanting to enhance their speed, strength and overall fitness.

Clinic Schedule:

Speed/Running Technique Clinics: 3/16, 4/6, 4/20, 5/18

Hurdle Clinics: 3/23, 4/27

Jumping Clinics: 3/30, 5/4

Throwing Clinics: 4/13, 5/11

COACHES:

Tricia Lord and Colleen McGuire

COST: \$15 Drop-in

Contact tricialord@gmail.com for more information or questions

**Hershey's Track and Field is a national program designed to introduce children ages 9-14 to the sport of track and field. Entry fee is \$10 and any clinic attendee can participate. Meets are April 5 in Palo Alto and a date TBD in May in San Jose