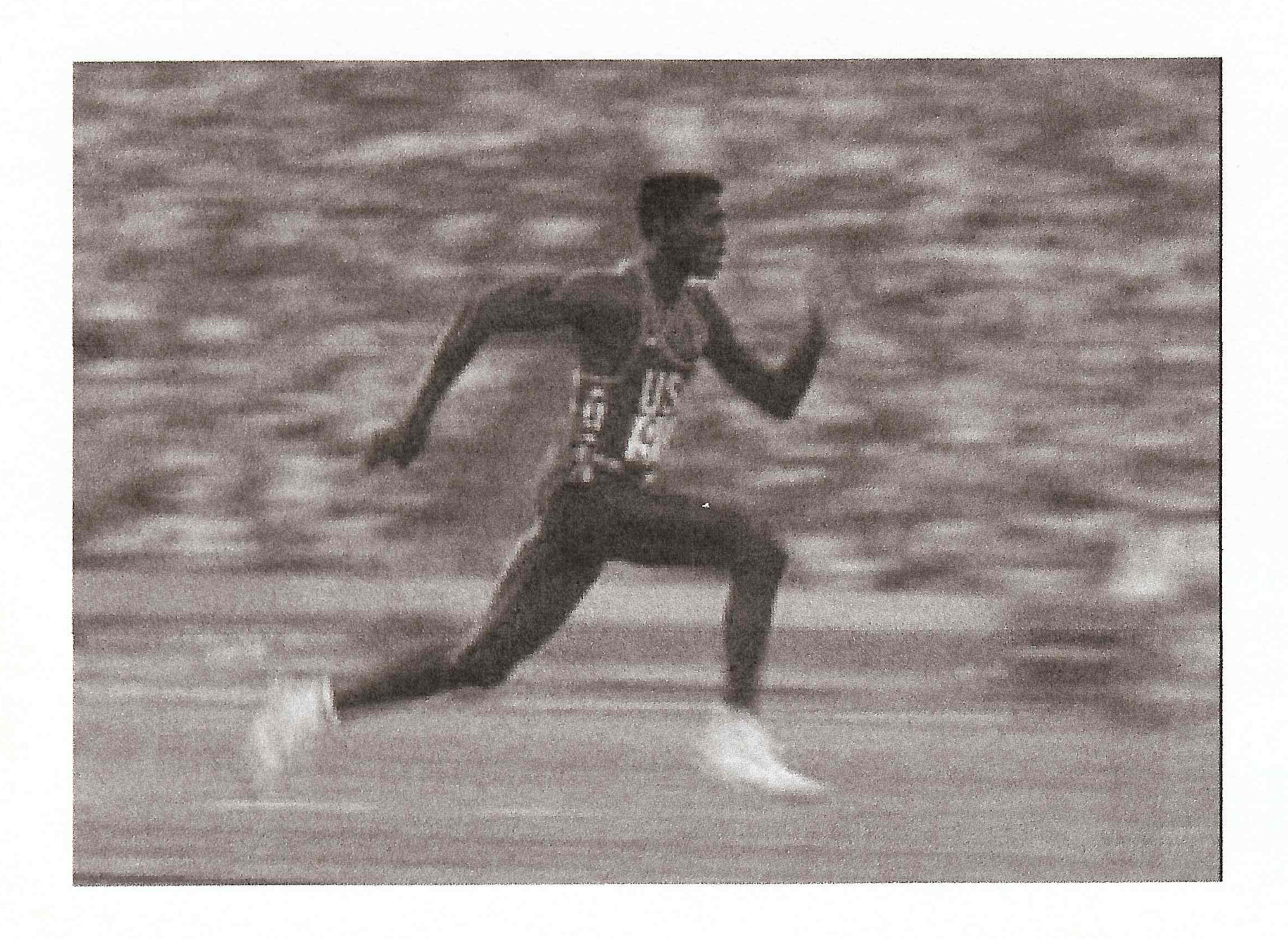
Los Gatos Athletic Association Sprint, Hurdle & Speed Camp





When: June 22 - August 7, 2009

Where: Los Gatos High School Track Facility

Time: 4pm - 6pm, Monday - Friday

Cost: \$400. LGAA Tax ID #: 942544024

Tax deductible checks to:

"LGAA Sprint, Hurdle & speed camp"

(Camp includes: 70 hours of instruction, weekly video analysis, entrance fees for all 8 of the "Los Gatos All Comer Track Meets" and a camp T-shirt).

Who should attend? 60 – 400m sprinters & hurdlers, football running backs & receivers or other athletes serious about improving their speed and running technique. This camp is for both men and women!

Our typical day will include: Specialized warmups, running training, drills or racing, core & strength training and stretching.

Sprint Coach:

Stephen Neubauer, UCLA Track team 1982 – 1985, coached by Jim Bush and John Smith while at UCLA. Personal bests of 10.22 @ 100m, 20.80@ 200m. As a "Masters" athlete Steve has competed at the USA Track and Field Championships, Mt. SAC relays and the California relays and many others.

Hurdle Coach:

David Chesarek, Cal Track team 1984-86.
Coached by US Olympic head coach Erv Hunt.
CA HS State meet qualifier 300 lh 1982; CA JC
State Meet Finalist 400h 1983, CA JC State
Meet Finalist 400m 1984; Pac-10 2nd Place 400h
1985 & 86, NCAA Qualifier 400h 1986.
Olympic trials qualifier 400h 1988.

Camp Focus:

The focus of the camp will be very technical.

The coaches will work with the student-athlete on proper running/hurdling technique, personal improvement and competition. We will have weekly video analysis of the camp athletes running either during practice or competition.

The Student-Athlete will have the opportunity to compete weekly in the "Los Gatos All Comer Track Meets" Thursday evenings.

This camp is geared toward the committed High School and Collegiate student-athlete serious about improving their speed, technique and competition skills.

Checks Payable to:

LGAA Sprint, Hurdle & Speed Camp PO Box 1334 Los Gatos, CA. 95031-1134

Contact for questions:

neubauer1@verizon.net (408)348-4745