







TRACK & FIELD POWER EVENTS CLINIC 2015



Aptos High School (track & soccer field) 100 Mariner Way, Aptos, CA 95003 Saturday, January 3, 10am

This clinic focuses on the power and skill events in track & field which include: jumps (triple/long/high/pole vault), throws (discus/shot), sprints (100/200m) and hurdles (100/110m). Work with experts that have proven records! Check out our website and read about our coaches! For more information email johnr@d1athletics.com

www.D1Athletics.com