



WHEN: JUNE 25TH – JULY 18TH (MONDAYS, TUESDAYS, WEDNESDAYS, THURSDAYS)

TIMES: MONDAYS/TUESDAYS/WEDNESDAYS 3:00PM – 5:00PM

THURSDAYS 4:00PM – 7:30PM AND POSSIBLY LATER

WE WILL BE PARTICIPATING IN THE “LOS GATOS ALL COMER MEETS” AT LOS GATOS HS

WHERE: HYDE MIDDLE SCHOOL & LOS GATOS HIGH SCHOOL

WHO: TRACK & FIELD ATHLETES OF ALL LEVELS AND ABILITIES

PRIMARILY INCOMING 6TH GRADERS, 7TH AND 8TH GRADERS

COST: \$175 ON OR BEFORE JUNE 25TH, \$200 AFTER JUNE 25TH

WHAT YOU GET:

- TRAINING SESSIONS WITH THE CUPERTINO PRIDE THAT PROVIDE YOU WITH THE TOOLS NEEDED TO TAKE YOU TO THE NEXT LEVEL OF COMPETITIVENESS
- YOU WILL LEARN EVERYTHING ABOUT TRAINING STRATEGIES, 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, SO START NOW!

JOINING THE CUPERTINO PRIDE TRACK & FIELD CLUB INCLUDES:

- 4 WEEKS OF TRAINING, CONDITIONING AND PREPERATION
- 2013 USATF MEMBERSHIP
- OFFICIAL “CUPERTINO PRIDE” SHIRT
- ENTRY INTO THE LOS GATOS TRACK AND FIELD “ALL COMER” MEETS THAT WE COMPETE IN
- GOOD FRIENDS, MEMORIES AND A WHOLE LOT MORE CONFIDENCE!

REGISTRATION PROCESS:

- PLEASE RESERVE YOUR SPOT NO LATER THAN MONDAY JUNE 25TH TO LOCK IN THE \$175 FEE
- OPEN TO EVERYBODY WHO IS INTERESTED
- EMAIL COACH PONCE TO RESERVE YOUR SPOT.
- PLEASE INDICATE WHAT SIZE T-SHIRT YOUR CHILD WILL WEAR.

EMAIL/RSVP TO – richard.a.ponce@gmail.com

SUBJECT HEADDEER “CUPERTINO PRIDE REGISTRATION”

**CUPERTINO PRIDE T&F CLUB IS RUN BY HYDE MIDDLE SCHOOL TEACHER/COACH RICHARD PONCE
CROSS COUNTRY AND TRACK & FIELD HEAD COACH AT HYDE MIDDLE SCHOOL**

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