

SUMMER TRACK CAMP

The Cardinal Track Club will host its annual Summer Track Camp.

When: July 8, 2013 - August 8, 2013 (Every week Monday - Thursday)

Where: Mount Pleasant High School Track
1750 S. White Rd.
San Jose, CA 95127

Time: 5:00 p.m. - 7:00 p.m.

All Track & Field events will be covered including: Jumps, Pole Vaults, Sprints, Hurdles, Shot Put and Discus, Middle Distances, and Cross Country. We will focus on developing your overall power and speed. This will include Olympic lifting, plyometrics, bounding, and developing your best technique.

Our coaching staff will include:

Steve Nelson

Jimmy Brown

Adrian Carbajal

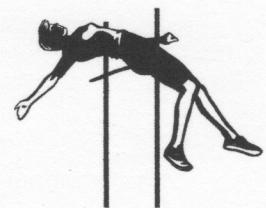
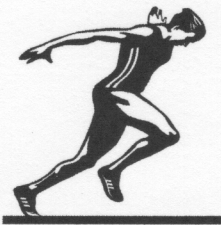
Jamal Elmidge

Monica Gomez

Angela Hill

Ed Lasquete

Paul Williams



Camp fees and further details: Please e-mail Coach Steve Nelson at sn0038@aol.com
See you on the track!