



Distance/ Pole Vault/Hurdle Skills and Conditioning Clinic for Middle School and High School Athletes

CEi fitness and coaching of Walnut Creek presents a 5-day, USATF Sanctioned Distance/Pole Vault/Hurdle Skills and Conditioning clinic. Middle and High school Track and Field athletes are encouraged to sign up and attend. The clinic will be conducted by Shelly Pierson-Distance, Sally Stafford-Hurdles and Randy Kramasz-PV. Items to be covered, but not limited to: Warm up, drills, form and technique, race strategies, common workouts, preventive injury concepts, mental imagery, visualization, positive self talk, strength training and flexibility concepts.

Dates: July 9-13 2007

Time: 8:00 am-11:00 am

Place: Las Lomas High School

DeKlotz Stadium

1460 South Main Street Walnut Creek, CA 93496

Cost: \$159 before June 30

\$199 after June 30

****Pole Vault space limited and skill restrictions apply. See clinic info at www.ceifitness.com**

- Credit card payments can be made at www.ceifitness.com (application and waiver must be sent to CEi)
- In order to participate in the clinic, all athletes must complete (with their parents) and return an application and liability waiver on or before the first day of the clinic. Waivers can be downloaded and printed at www.ceifitness.com
- Please send completed forms and payment (Checks payable to CEi) to the address listed below.

CEi Fitness-T&F Clinic
PO Box 298
Walnut Creek, CA 94597

For more information, please visit us at:
www.ceifitness.com or contact
CEi Fitness and Coaching owner,
Shelly Pierson:
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