

# CAL COAST YOUTH RUNNING

# Speed Camp

**BOYS AND GIRLS 8 to 14 YEARS OLD**

**STARTING FEBRUARY 6th THRU FEBRUARY 29th, 2012**

### Cost

\$125.00 - Includes Cal Coast Training T-Shirt



### Training Includes

SPRINT DRILLS • STRENGTH • CORE

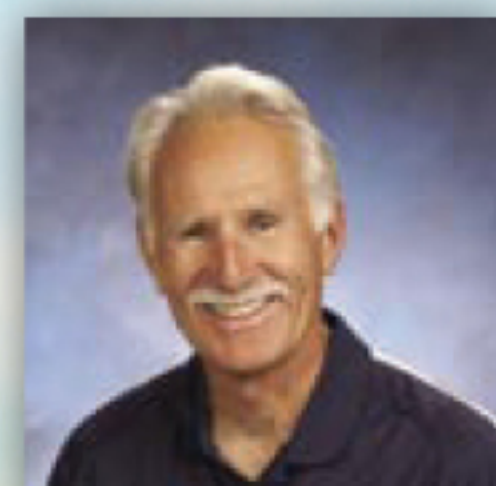
### Training on

MON & WED - from 4:30 PM to 5:15 PM

### Location

CORONA DEL MAR HIGH SCHOOL  
2101 Eastbluff, Newport Beach, CA

*Led by The Coach*



**BILL SUMNER**

**Learn from the Best • Be part of the Team!**



**DARE TO TAKE  
THE FIRST STEP.**

**WE'LL HELP YOU  
WITH THE REST!**



Contact **THE COACH** >>> [coachsumner7@gmail.com](mailto:coachsumner7@gmail.com)  
for more information on how to sign-up and directions to training.

[WWW.CALCOASTTRACK.COM](http://WWW.CALCOASTTRACK.COM) • PH: (949) 533-5514

Make All Checks Payable to: **Cal Coast Track Club**  
Send Registration & Check to: **P.O. BOX 7132, Newport Beach, CA 92658**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_ Age: \_\_\_\_\_

Parents Name: \_\_\_\_\_ Email: \_\_\_\_\_

**Liability Waiver:** In consideration of accepting this registration, I hereby indemnify and hold harmless, Cal Coast Track Club and any of its officers, agents, or employees from any liability from all claims or action for any injuries sustained, or loses resulting from any form of participation by the registered person or the person's family. I recognize that athletic training can expose my son/daughter to medical risks not associated with their current activity level and thus hereby state that my son/daughter is physically fit to participate.

Parent/Guardian Signature \_\_\_\_\_ Date: \_\_\_\_\_

THIS IS NOT A NEWPORT MESA UNIFIED SCHOOL DISTRICT SPONSORED EVENT