



**Irvine Junior Games
Track & Field
Training Clinic**



**The Irvine Children's Fund is hosting a
free Irvine Junior Games track and field training clinic
for all Irvine Junior Games 2017 registered athletes
on Sunday, April 23rd
at Irvine Stadium**

**Training by pro triple jumper and LEAP Squad Youth Track Coach -
Keinan Briggs**



Athletes will learn the basics to have a successful competition.
Athletes will also learn about proper nutrition,
a track specific warm-up and basic technique and form
for all Irvine Junior Games track and field events for each grade level.

www.keinanbriggs.com

**Session 1 - 9:00 am – 11:30 am
4th Grade - 5th Grade - 6th Grade)
Arrive 15 minutes early to sign in**

**Session 2 – 12:00 pm - 1:00 pm
7th Grade & 8th Grade
Arrive 15 minutes early to sign in**

BRING A Water Bottle and Sunscreen

**IRVINE STADIUM
4321 Walnut Ave. Irvine, CA 92604**

Irvine Stadium is located behind Irvine High School
PARKING is located in front and behind Irvine High School at Walnut & Escolar
and at Heritage Park off Walnut and Yale

www.irvinejuniorgames.com