



**Irvine Junior Games
Track & Field
Training Clinic
Sunday, April 22, 2018**



**The Irvine Children's Fund is hosting a
free track and field Irvine Junior Games training clinic for all
2018 Registered Athletes at Irvine High School Stadium**

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

**Relay training
by Lightspeed Track Club and Woodbridge High Track Coach
Aaron Craver**

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

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

NEW THIS YEAR: Relay Team Training for 4th - 6th grades from 11 am – 12 pm. Only those students on the school's relay team should attend.

**Session 2 - 11:30 am - 12:30 pm (Arrive 15 minutes early to sign in)
7th Grade & 8th Grade**

NEW THIS YEAR: Relay Team Training for 7th - 8th grades from 12:30 pm – 1 pm. Only those students on the school's relay team should attend.

Bring sun screen and a water bottle

Irvine High Stadium

4321 Walnut Ave, Irvine, CA 92620



The track is located behind Irvine High School. Parking is available behind Irvine High. Enter on Escolar off Walnut. Parking is also available in front of the school and at Heritage Park.

www.irvinejuniorgames.com