



**Irvine Junior Games  
Track & Field  
Training Clinic  
Sunday, April 28, 2019**



**Irvine Children's Fund**

**The Irvine Children's Fund is hosting a  
free track and field Irvine Junior Games training clinic  
at Irvine High School Stadium  
for all Registered 2019 IJG Athletes**

**Training by professional track coach and sporting consultant  
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)**  
**4<sup>th</sup> Grade - 5<sup>th</sup> Grade - 6<sup>th</sup> Grade**  
**11:00 am – 12:00 pm RELAY TEAM TRAINING**  
**4<sup>th</sup> Grade 5<sup>th</sup> Grade 6<sup>th</sup> Grade**

**Session 2 - 11:30 am – 1:00 pm (Arrive 15 minutes early to sign in)**  
**7<sup>th</sup> Grade & 8<sup>th</sup> Grade**  
**12:30 pm – 1:30 pm RELAY TEAM TRAINING**  
**7<sup>th</sup> Grade & 8<sup>th</sup> Grade**

**Bring sun screen and a water bottle**

**Irvine High Stadium**

**4321 Walnut Ave, Irvine, CA 92604**



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](http://www.irvinejuniorgames.com)