



Irvine Junior Games Track & Field Training Clinic Sunday, May 1, 2022



The Irvine Children's Fund is hosting a free track and field training clinic for all IJG 2022 Registered Athletes at Irvine High Stadium



Training by
Professional Youth Sports Consultant & Mentor
& LEAP Squad Track Club Head Coach
Keinan Briggs

and
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 10 minutes early to sign in)
4th Grade - 5th Grade - 6th Grade

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 10 minutes early to sign in)
7th Grade & 8th Grade



RELAY TEAM TRAINING for 7th - 8th grades 12:30 pm – 1 pm. Only those students on the school's relay team should attend.

Bring sunscreen and a water bottle

Irvine Stadium

4321 Walnut Ave, Irvine, CA

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. Walk to track is 5 – 10 minutes.

www.irvinejuniorgames.com