



Irvine Junior Games Track & Field Training Clinic Sunday, April 23, 2023



The Irvine Children's Fund is hosting a free track and field training clinic for all IJG 2023 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 – 11:30 am: 4th Grade - 5th Grade - 6th Grade

RELAY TEAM TRAINING for 4th - 6th grades from 11:30 am – 12:30 pm.
Only those students on the school's relay team should attend.

Session 2 - 12:00 pm - 1:00 pm: 7th Grade & 8th Grade



RELAY TEAM TRAINING for 7th - 8th grades 1:00 pm – 1:30 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

Irvine Junior Games is a fundraising track and field event supporting before and after school child care scholarships on all IUSD elementary schools