

COLLEGE OF THE CANYONS

TRACK CLINIC

SPEED ... AGILITY ... TECHNIQUE

Experience 17 exciting sessions of intense training and instruction on the field and in the weight room provided by coaches from the College of the Canyons Track & Field and Strength & Conditioning programs.

Coaches will work with athletes on the field and in drills to improve overall levels of speed and agility, while stressing the importance of proper fundamentals, movement concepts and technique.

In the weight room participants will be introduced to advanced methods of fitness programming – including plyometrics, balance training, functional flexibility and various recovery methods – designed to bring their talent to the next level.

Open to male and female athletes ages 9 to 16.

DATE: Monday, Tuesday and Thursday from 6 to 7 p.m. beginning Monday, Jan. 5 and concluding Tuesday, Feb. 10... 17 sessions in all.

LOCATION: College of the Canyons, Cougar Stadium

*Park in college Lot #8 adjacent to the stadium...Note attendees with vehicles will need to purchase a daily parking permit for \$3.

COST: \$150 registration fee due Friday, Jan. 2, 2015. After Jan. 3, walk-up registration is \$175. *Send check payable to "COC ASG, Track Clinic" to:*

College of the Canyons Track & Field
26455 Rockwell Canyon Road
Santa Clarita, CA 91355



Lindie Kane - 20th season as the head coach of COC cross country/track & field programs ... won a men's track & field conference title and men's cross country state title in 2014 ... coached 17 track and field JC All-Americans, four state champions and a U.S. Junior National Outdoor Track and Field Champion.



Denean Hill - Four time Team U.S.A Olympian (80, 84, 88, 92) ... gold medal winner in 4x400m relay (84) ...silver medal winner 4x400m relay (88, 92) ... part of 4x400m American record team (88) ... COC assistant coach track & field/cross country.



Christine Spence - High School 4A state champion ... NCAA track & field All-American at UNLV ... Top 10 finisher at the USATF Outdoor Championships in the 400m hurdles and high jump events ...Bronze medal winner at 2013 USA Outdoor Championships ... qualified as member of Team USA at World Outdoor Championships.



David Padilla - COC Assistant Strength and Conditioning Coach ... member of the 2008-09 COC football teams ... school record holder in the power clean lift (333 lbs x 3). Holds a B.A. in Exercise Science and a Master's Degree in Kinesiology.

REGISTRATION

PLEASE PRINT OR TYPE

Name:

Last: _____ First: _____

Male Female Age: _____

Street Address: _____

City _____ State _____ Zip _____

EMERGENCY CONTACT

In case of emergency please notify:

Name: _____ Relationship: _____

Phone(s): _____

Insurance Co.: _____ Policy No.: _____
[Required] *[Required]*

Please note any medical conditions, allergies or special concerns that we should be aware of:

In case of emergency and I cannot be reached, I authorize the staff of the Cougar Basketball Camp to obtain whatever medical treatment he/she deems necessary for the welfare of my child listed on this application. I further understand that I will be financially responsible for all charges and fees incurred in the rendering of said emergency treatment, regardless of whether or not my insurance would cover such charges and fees. I hereby release the staff and employees of the Cougar Basketball Camp as well as College of the Canyons from any liability for any injuries or illness incurred by attendance of my child or children at the camp. I have no knowledge of any impairment or illness that would interfere with or otherwise be affected by my child's participation in this camp. I also understand the camp retains the right to use for publicity and advertising purposes, photographs of campers taken at camp.

Parent of Guardian Signature: _____
[Required]

Date Signed: _____

Email Address: _____

Home Phone: _____

Cell Phone: _____

For more info please contact Lindie Kane at (661) 362-3205 or Belinda.kane@canyons.edu