

FOX athletics

Racing Team 2008 Summer Track & Field

FOXathletics allows athletes to train for all track and field events, compete in USATF Junior Olympics or just work on running mechanics or sport specific speed. We offer both track and field event specific coaching and formal weight room strength training. Our coaching staff are USATF certified coaches and current competitive collegiate athletes.

Practices are held at the Graham Middle School all-weather track in Mountain View Mondays, Tuesdays and Thursdays 5-6:30. Strength Training Mondays, Wednesdays and some Fridays 4-5pm.

FOXathletics offers both a youth program as well as high school elite athletes.

This year's team will compete in Los Gatos and Livermore and Sacramento.

\$350.00* for the season includes your FOXathletics racing jersey, certified coaching for all event groups, organized practices, clinic discounts and great camaraderie.

Go to www.foxathletics.com for a membership application, practice schedule and race calendar or call Coach Widstrand for more information.

* Separate pricing for strength training. Please contact coach directly.