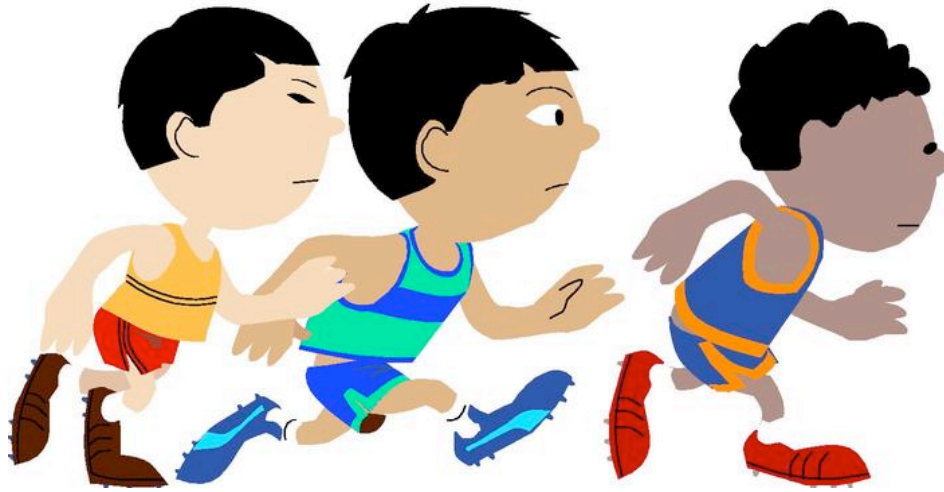


2009 CUPERTINO PRIDE TRACK & FIELD CLUB



SUMMER PRACTICE STARTS:

WHEN: JULY 6TH – AUGUST 8TH (MONDAY THROUGH THURSDAY)

- 2 OPTIONS : 1. MORNING 8:00AM - 10:30AM 2. AFTERNOON 3:00PM - 5:30PM
- WE WILL ALSO BE PARTICIPATING IN THE “LOS GATOS ALL COMER MEETS” EVERY THURSDAY AFTERNOON

WHERE: HYDE MIDDLE SCHOOL

WHO: SPRINTS/RELAYS, DISTANCE RUNNERS (800M & UP), THROWERS (SHOT PUT, DISCUS), OTHER EVENTS WILL BE ADDED IN THE FUTURE!

REGISTRATION: REGISTRATION IS OPEN TO ANYBODY FROM ANY SCHOOL. TELL YOUR FRIENDS AND FAMILY! PARTICIPATION IN USATF EVENTS CAN BE YEAR ROUND AS WELL, SO START NOW!

COST BEFORE JUNE 25TH: \$190 / **COST AFTER JUNE 25TH :** \$220

- IN ORDER TO BECOME SUCCESSFUL AT ANYTHING, IT IS GOING TO TAKE HARD WORK, A LOT OF SWEAT, OVER A LOT OF TIME... **TRACK & FIELD** IS NO DIFFERENT, BUT IN THIS CASE, THE HARD WORK WILL PAY OFF, THE SWEAT WILL BE FROM HAVING FUN, AND NOTHING BUT GOOD TIMES WILL HAPPEN IF YOU JOIN THE CLUB !!! I PROMISE!!!

- TRAINING WITH THE CUPERTINO PRIDE TRACK & FIELD CLUB WILL PROVIDE ALL THE TOOLS YOU WILL NEED TO TAKE YOUR PERFORMANCE TO THE NEXT LEVEL. YOU WILL LEARN AND EXPERIENCE EVERYTHING ABOUT TRAINING STRATEGIES, GOAL SETTING, WORKOUT PLANNING, OPPORTUNITIES TO RACE/COMPETE THAT ARE SPECIFIC TO YOUR DEVELOPMENTAL ABILITY. YOU WILL BE MORE SUCCESSFUL IN ANY UPCOMING SEASON OF CROSS COUNTRY, TRACK & FIELD, OR ANY OTHER SPORT.

JOINING THE CUPERTINO PRIDE TRACK & FIELD CLUB INCLUDES THE FOLLOWING:

- 5 WEEKS OF TRAINING SUMMER, PLANNING AND PREPARATION
- 2009 USATF MEMBERSHIP FEES INCLUDED
- OFFICIAL “CUPERTINO PRIDE T & F CLUB” COMPETITION T-SHIRT
- YOUR CHOICE OF ENTRY IN THE LOS GATOS “DAMMIT RUN” OR LG ALL-COMER MEETS.
- GOOD FRIENDS, MEMORIES AND A WHOLE LOT MORE CONFIDENCE!!!

REGISTRATION PROCESS – PLEASE RESERVE YOUR SPOT NO LATER THAN JUNE 20TH
OPEN TO EVERYBODY WHO IS INTERESTED

1. E-MAIL richard.a.ponce@gmail.com TO RESERVE YOUR SPOT AND GET SENT/PICK UP ATHLETE PACKET

QUESTIONS??? PLEASE CONTACT COACH PONCE AT (408) 569-0128

2. COMPLETE ATHLETE QUESTIONNAIRE PACKET.

3. MAKE CHECK PAYABLE TO

RICHARD PONCE
241 S. 14TH ST
SJ, CA 95112

JOIN OUR TEAM WEBSITE!!!

LOGON TO THE SITE ATHLEONSPORT.COM
TEAM NAME: SUMMER RUNNING CLUB (PONCE)
ADD CODE – CUPERTINO PRIDE

(CREATING AN ATHLEON ACCOUNT IS NECESSARY AND FREE)

JOIN CUPERTINO PRIDE T & F CLUB... YOU'LL NEVER FORGET IT!!!
DON'T JOIN THE CUPERTINO T & F CLUB... YOU WILL REGRET IT!!!