

Run **FAST**. Run **STRONG**.

Summer Training 2016

When - 7:30 am. – 9:00 am.

Monday-Wednesday-Friday

June 13th -17th

June 20th- 24th

June 27th-7/1

July 4th-8th

July 11th-15th

July 18th-22nd - Break in Camp

July 25th-29th

August 1st - 5th

Who should attend? Beginning 10+ year olds, All athletes looking to build Speed, Agility, Power.

Where? Hawk Park- FishHawk Ranch

What it's about? Building strength, speed, endurance & confidence

- \$2000.00 in Agility equipment
- \$45.00 per week
- Waiver needs to be signed by parent

PROGRAM STAFF

Steve Dunn – Owner of Hit the Trails Running with 25 years of running experience. Marathoner, Adventure racer, over 150 races completed.

Former Newsome High School XCountry and Track Coach.
RRCA Certified running coach.



Michael Babinec – Former standout runner at Riverview High School and currently running for the University of South Florida.



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