

CHAMPIONSHIP TRACK & FIELD “OPEN” DEVELOPMENT CLINICS

Important Info: Championship Track & Field “Open” Clinics

Open to any and all entrants ages 8 and up

Dates: Selected Tuesdays & Thursdays Year Round

Price: \$20 per hourly session or \$30 to attend both sessions on the same day

Time: Sessions are scheduled from 4:00 to 5:00 p.m. or from 5:00 to 6:00 p.m.

Location: Long Beach State - Jack Rose Track

How to Register: Register by visiting www.longbeachstate.com. Print out the [registration](#) form and [waiver](#) from our website then contact us to set up the first session.

For more information, contact 49er head coach Andy Sythe at asythe@csulb.edu

Learn from Long Beach State’s successful track & field coaches and athletes.

Recent Long Beach State Track & Field Accomplishments:

- ♦ 2006 & 2008 Big West Conference Team Champions
- ♦ Multiple U.S. and Olympic Trials Qualifiers
- ♦ Multiple NCAA All-Americans, National Championship Participants, and NCAA Regional Qualifiers
- ♦ 2008 Big West Men’s Track and Big West Men’s Field Athletes-of-the-Year
- ♦ 2006 & 2008 Big West Conference Coach-of-the-Year

WE TEACH

- ♦ **SPRINTS & HURDLES:** Speed development and Hurdle technique
- ♦ **JUMPING EVENTS:** High Jump, Pole Vault, Long Jump, Triple Jump
- ♦ **THROWING EVENTS:** Shot Put, Discus, Javelin, Hammer
- ♦ **DISTANCE EVENTS:** Specific conditioning & strategies for Distance runners

“We teach the sport the way it needs to be learned, through fundamentals and skill development.”

Camp Hotline: (562) 618-1020

Email: asythe@csulb.edu - Head Coach Andy Sythe

Championship “Open” Track & Field Clinics

Long Beach State

1250 Bellflower Blvd.

Long Beach, CA 90840

*This camp is recognized as a CSULB Foundation Camp