



# REAL TRAINING TRACK CLUB



LOCATION: TBD

## WORKOUT TIMES

5:00-7:00PM\* (TUESDAYS/THURSDAYS) SPEED & STRENGTH (OPTIONAL)

5:00-7:00PM\* (MONDAYS/WEDNESDAYS) TRACK PRACTICE (REQUIRED)

*\*TIME SUBJECT TO CHANGE*

### Summer Meet Schedule (Optional)

- May 27, 17 USATF Meet
- June 7, 17 Valor Meet series 7:30pm start
- June 14, 17 Valor Meet series 7:30pm start
- June 21, 17 Valor Meet series 7:30pm start
- June 23-24, 17 USATF JO Colorado State meet
- July 8-9, 17 USATF Region 10 Regionals TBD
- July 24-30, 17 USATF JO National Championships TBD

### National Meets Schedule (Must qualify)

- June-1-3-17 Great Southwest
- June-16-18-17 New Balance Nationals

### Boulder Road Runners Series

- (Practice meets no FAT timing)
- June 1, 15 July 6, 20 August 3, 17

MARY GILLETT: "I ENJOY TAKING EVERY CHANCE I CAN GET TO IMPROVE MYSELF. THE REAL TRAINING AND STAFF IS SECOND TO NONE."

- ❖ An investment in your fitness and the success you hope to continue building as an athlete
- ❖ Costs cover weight facility, Track use, gym use, staffing & insurance

Developmentally appropriate specialized training program emphasized for athlete development, strength, conditioning, and speed development, power, and quickness, cadence, muscular durability, sport specific techniques, mental strength, and improved confidence.

### REAL TRAINING TRACK CLUB:

\$495.00

DOES NOT INCLUDE THE FOLLOWING:

- TRAVEL TO OUTSTATE MEETS
- USATF/AAU MEMBERSHIPS
- ENTRY FEES FOR MEETS
- UNIFORMS

8 WEEKS

**WHO:** MIDDLE & HIGH SCHOOL ATHLETES

#### JUNE: 8 SESSIONS

5<sup>TH</sup>, 6<sup>TH</sup>, 7<sup>TH</sup>, 8<sup>TH</sup>, 12<sup>TH</sup>, 13<sup>TH</sup>, 14<sup>TH</sup>, 15<sup>TH</sup>, 19<sup>TH</sup>, 20<sup>TH</sup>, 21<sup>ST</sup>, 22<sup>ND</sup>, 26<sup>TH</sup>, 27<sup>TH</sup>, 28<sup>TH</sup>, 29<sup>TH</sup>

#### JULY: 7 SESSIONS

3<sup>RD</sup>, 5<sup>TH</sup>, 6<sup>TH</sup>, 10<sup>TH</sup>, 11<sup>TH</sup>, 12<sup>TH</sup>, 13<sup>TH</sup>, 17<sup>TH</sup>, 18<sup>TH</sup>, 19<sup>TH</sup>, 20<sup>TH</sup>, 24<sup>TH</sup>, 25<sup>TH</sup>, 26<sup>TH</sup>, 27<sup>TH</sup>

\*Schedules listed above are tentative and subject to change

\*Financial Assistance – REAL Training aims to help athletes reach their potential both on and off the field, while not excluding an athlete that may lack financial means. Please contact us @mhenriques45@yahoo.com for more information

Registration is easy: turn over and fill out registration form on back

Contact

Maurice Henriques | (303) 3248301

# REAL TRAINING TRACK CLUB

Maurice Henriques

[REALTRAININGCOLORADO.COM](http://REALTRAININGCOLORADO.COM)

# REGISTRATION FORM

Participant's Name \_\_\_\_\_

Grade in 2017-2018 \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Parent(s) Name(s) \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

Mail Registration to: REAL Training (Attn: Maurice Henriques)  
9510 E 106 Ave  
Henderson, CO. 80640  
CONTACT #: 303-324-8301  
EMAIL: mhenriques45@yahoo.com

MAKE CHECKS PAYABLE TO: **REAL TRAINING**

RELEASE FORM: REAL TRAINING Staff

I give my permission for \_\_\_\_\_ to participate in this activity. I acknowledge that participation in this activity involves some risk of injury or death and I assume these risks. I further acknowledge that the participant is physically capable of performing in this activity. I release and hold harmless REAL TRAINING staff, coaches, and its personnel from any liability for any injury or death arising from participation in this activity.

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_