Trabuco Hills High School
Girls' Track And Field
Sprints/Hurdles, Long/Triple Jump, Pole Vault
Summer Conditioning
2019

I invite you to our Summer Conditioning for girls' track and field with the purpose of competing in track and field in the Spring-2020. Here we offer TF Summer Conditioning sessions for sprints/hurdles, long/triple jump, pole vault. Distance does not participate in Summer Conditioning because they are in Cross Country. The price is $125.00. We had over 170 girls on our track and field team in 2019, and track and field offers something for everyone. Dates are as follows:

Tues./Wed./Thurs.	July 30-August 22	9:00-11:30am

- **These camps are for any girl interested in sprints/hurdles, pole vault, or long-triple jump at THHS.**
- **Prices are $125.00 for sprints-hurdles, pole vault, and long-triple jump, and you must register online through SVUSD Recreation. communityservices.svusd.org is the website to register for camp.**
- **Go to AthleticClearance.com, register/create an account to begin and complete your paperwork. TrabucoTrack.com is our THHS TF website for all information.**

If you plan on competing in track and field in the spring-2020, summer conditioning will certainly assist your process. We will train and condition you for the rigors of track and field, and educate you to be a track and field athlete. Again, TrabucoTrack.com is our website for all THHS TF information.

Dennis Kelly
Head Coach-Trabuco Hills High School Girls' Track And Field

Parents

Any questions, email me at **kellyd@svusd.org**, or my cellular **(562)355-9474**. I love track and field, and GO BLUE!!!