



Track Athletes

receive expert coaching on

***Sprints, Blocks, Hurdles,
Long and Triple Jump***

in the Avera Sports Institute Dome

Wednesdays

5:30—6:30 pm

Sprints, Hurdles and Blocks

and

Fridays

5:30 - 6:30 pm

Long and Triple Jump

Beginning January 13 through late February

Cost: Free if enrolled in Acceleration Training; **\$200, if not**

Our coaches include former DII All-Americans and internationally-experienced track and field athletes