



# GRANITE RIDGE TRACK & FIELD

## PRE-SEASON CAMP

### Camp Details:

The focus of our Pre-season Camp is strength training, running endurance, sprint mechanics and core conditioning. Our goal is to help athletes lay the groundwork for a successful track season in the Spring.

**Camp Participants:** All Granite Ridge athletes are eligible to participate

**Coaches:** Camps are conducted by Granite Ridge track coaches

**Fee:** Free, no cost to participate

**January 22-February 1, 2018**

**Days:** Monday-Thursday

**Time:** 3:00 - 4:30 p.m.

**Location:** Clovis North Track

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### Contact:

**Coach Vitale** at [joannavitale@clovisusd.k12.ca.us](mailto:joannavitale@clovisusd.k12.ca.us) or

**Coach Brazil** at [richardbrazil@cusd.com](mailto:richardbrazil@cusd.com)

In accordance with CIF bylaw 207, any athlete who transfers from School "A" to School "B" after having prior contact, during the previous 24 months, either directly or indirectly with school "B" prior to enrollment shall not be eligible at School "B" for 365 days from initial date of enrollment. This includes this camp, clinic, AAU, club team, and/or workouts.