



# Hurdle

## Form and Technique Clinic

### for

## High School Runners

CEi fitness of Walnut Creek presents a 3-day hurdle "form and technique" clinic. High school Track and Field Hurdle athletes are encouraged to sign up and attend. The clinic will be conducted by Sally Stafford, CAL alumni, All-American collegiate hurdler, USATF certified coach and current hurdle coach at Las Lomas High School. Items to be covered, but not limited to: Warm up, drills, form and technique, race strategies, common workouts, preventive injury concepts, strength training and flexibility concepts.

**Dates: Dec. 26th-28th 2006**

**Time: 9:00 am-12:00 noon**

**Place: Diablo Valley College Track**  
321 Golf Club Rd. Pleasant Hill, CA 94523

**Cost: \$75 before December 20th**  
**\$99 after December 20th**

**Clinic will go rain or shine!**

- Credit card payments can be made at [www.ceifitness.com](http://www.ceifitness.com) (application and waiver must be sent to CEi)
- In order to participate in the hurdle clinic, all athletes must complete (with their parents) and return a liability waiver on or before the first day of the clinic. Waivers can be downloaded and printed at [www.ceifitness.com](http://www.ceifitness.com)
- Please complete the CEi hurdle clinic application (on reverse side) and remit with payment and signed waiver (Checks payable to CEI) to the address listed below.

CEi Fitness-Hurdle Clinic  
PO Box 298  
Walnut Creek, CA 94597

For more information please contact  
CEi fitness owner, Shelly Pierson:  
Phone: 925-323-7744  
Fax: 925-939-5348  
E-mail: [shelly@ceifitness.com](mailto:shelly@ceifitness.com)  
[www.ceifitness.com](http://www.ceifitness.com)