



IT'S TIME TO OWN YOUR SUCCESS!!

If you've been around the Yellow Hat Coach for any amount of time, you already know he has a passion for working with youth. More than that, he wants to teach youth what it takes to be the very best they can be! For over a decade Coach Jeremy has honed his coaching expertise while building the Distance team of the Santa Clarita Storm, a nationally competitive program. His impact on thousands of athletes has been evident on the track and in cross-country races as well as in day to day life.

This camp is going to give youth athletes an opportunity to learn what it takes to improve this upcoming season and in life!

Sign up here:

www.SignUpGenius.com/go/60B0F45AEA923A6FC1-distance

WHAT DO YOU GET IN THE CAMP?

1. Weekly focused Knowledge sessions on: Nutrition, Purposeful Training, Injury Prevention, and Race Day!
2. Running form clinic including: one on one observation, recording, and recommendations
3. Weekly 4 or 5 day training schedule for non-meeting days.
4. Weekly digital download of the sessions and knowledge focus
5. Custom Yellow Hat Coach sports bottle
6. Nutrition to use and experience during the camp
7. The very best in youth distance coaching!!!

Santa Clarita Storm

Distance Winter Training Camp

Jan 9th – Feb 1st

Tuesdays and Thursdays

6pm – 7:30pm

Who:

Distance athletes

Ages: 9-14

How Much: \$150

Where: Saugus High School Track

