



Invites you to the 2nd Annual Indoor Edmonton Hurdles Clinic

**Dates and Times:**

Nov 13 (9-11am)
Nov 27 (5-7pm)
Jan 8 (6-8pm)
March 19 (5-7pm)

Location:

University of Alberta
Butterdome Track

Price:

\$100 for all 4 sessions
\$120 for non-club athletes

The Edmonton Track Council, in association with Athletics Alberta cordially invites you to the 2016/2017 Indoor Hurdles Clinic. This event series offers 4 progressive clinics throughout this year's Indoor track and field season.

Age Eligibility: 12 to 18 years old.

All level of hurdlers are welcome from beginner to advanced.

Come & Learn:

- ◆ Warm Up drills
- ◆ Hurdle drills
- ◆ Hurdling Techniques
- ◆ Race Strategy

www.etfc.ca

RSVP: <http://www.trackiereg.com/etfchurdles>

