



CHILDREN'S HOSPITAL
& RESEARCH CENTER OAKLAND



LOCATIONS IN OAKLAND • WALNUT CREEK • MODESTO

Sports Medicine Center for Young Athletes

744 52nd St., Oakland, CA 94609 • 510-428-3558 • www.childrenshospitaloakland.org

Sport Speed Camp

We will give you the training secrets that will make you
Faster than you've ever been before!

Learn and put into practice...

The Five Pillars of SPEED Training

- **FLEXIBILITY**
- **STABILITY**
- **STRENGTH**
- **POWER**
- **SPEED**

Date: Pick a 2-week session:

Session I: June 21, 2010- July 2nd, 2010

Session II: July 12, 2010- July 23, 2010

Session III: August 2nd, 2010- August 13, 2010

Time: 2 p.m. – 4 p.m.

Location: Derby Field
Martin Luther King Jr. Way and Derby St.

RSVP: Sports Medicine Center, 510-428-3558, option 3
Space limited to 25 athletes.

Wear appropriate attire for training purposes and weather conditions. Bring water and sun block.

Cost for Camp: \$250 Per Athlete



Instructors:

Jamie Faison, ATC, CSCS
and Sports Medicine Staff

More details about our Sports Medicine Center for Young Athletes can be found at
www.childrenshospitaloakland.org or call the Sports Medicine Center at 510-428-3558