



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: July 13, 2009- July 24, 2009
2 week session, Monday – Friday

Time: 2 PM – 4 PM

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. Please call to reserve your spot.

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

Cost for Clinic: \$250 Per Athlete



Presented by:

Jamie Faison, ATC, CSCS

David Arakawa, MPT, CSCS, YFSII

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