



# QUICKSILVER TRACK CLUB, INC

2605 Fairburn Road S.W. ~ Atlanta, GA 30310  
(404) 346-2177



## FALL / INDOOR TRAINING INFORMATION

Fall training is designed to help athletes get a head start on the upcoming track & field season. The focus of this training is fundamentals (conditioning, mechanics and strength). It also gives you an opportunity to learn new or different events.

### QUICKSILVER TRACK CLUB GOALS AND OBJECTIVES

- To teach sound track & field techniques.
- To allow youth to participate regardless of their abilities.
- To strengthen self-image through competition.
- To have a meaningful impact in training future leaders through the development of disciplined minds and bodies.

### FALL TRAINING DATES & TIMES

**START DATE: SATURDAY, OCTOBER 3<sup>rd</sup>**

**SATURDAYS – 10:00 A.M.**

**TUESDAYS & THURSDAYS – 6:30 P.M.**

**Registration form and copy of birth certificate required to participate!!!**

Please contact Coach Eric Bowen (404-964-4065) for details.

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Web Site: [www.quicksilvertrackclub.com](http://www.quicksilvertrackclub.com) Email: [quicksilvertc@gmail.com](mailto:quicksilvertc@gmail.com)

