

## Vaca Speed Club USATF Running Club

Session 1

Dates: November 14 – January 25

Ages 6-14 Wednesday and Thursday 4:00 – 5:30 Vacaville Christian high school football field

Friday 3:30 - 530 Lagoon Valley Park

All MS athletes will practice from 3:00-4:00 in the VCS weight room prior to practice on Wednesdays and Thursdays.

Vaca Speed club is designed to provide your athlete the tools needed to get to the next level. The ability to run fast is a key component in any sport. Usatf certified track coach Shannon Bubar will teach the mechanics of acceleration and Maximum velocity which helps the athletes to better understand speed. High School XC coach and Marathoner, Mia Douglas and Lauren Fisher will teach the mechanics of endurance and pacing which will help athletes to maintain and compete in 5 K, 10 K and ½ Marathon. If you are a serious athlete looking to gain a step on the competition Vaca Speed club is the program for you.

The Rookies, ages 6-11 will learn the basic fundamental movement patterns to develop speed and endurance. All athletes will be assessed and progressively tracked through our system. During Session 2 athletes will have the opportunity to compete in both 5K, 10 K and ½ Marathon as well as USATF track and field competitions.

The Pro speedsters, ages 12-14 will progress to more advanced training through the use of the National Academy of Sports Medicine's Optimum performance training. This is a systematic and progressive weight training protocol that is designed to give your athlete the edge that will teach them how to properly train like an athlete, not a bodybuilder. All athletes will be assessed and progressively tracked through our system. During Session 2 athletes will have the opportunity to compete in USATF track and field competitions.

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**USATF**  
MEMBER CLUB

