

## 2011 Youth Movement Training & Track Meet Schedule

Day	Date	Event	Location	Start	End
Saturday	January 8, 2011	Parent-Coaches Meeting	McClymonds High School	9:00 AM	11:00 AM
Saturday	January 15, 2011	Parent-Coaches Meeting	Contra Costa College	9:00 AM	11:00 AM
Saturday	January 15, 2011	Coaches First Aid Training	ARC Bay Area Chapter		
Saturday	January 22, 2011	Oakland Training Clinic - Sprints	McClymonds High School	8:30 AM	12:00 PM
Monday	January 24, 2011	Injury Prevention-Proper Running Technique	Children's Hospital Oakland	7:00 PM	9:00 PM
Saturday	January 29, 2011	Richmond Training Clinic - Sprints	Contra Costa College	8:30 AM	12:00 PM
Saturday	February 5, 2011	Oakland Training Clinic - Throws	McClymonds High School	8:30 AM	12:00 PM
Saturday	February 12, 2011	Richmond Training Clinic - Throws	Contra Costa College	8:30 AM	12:00 PM
Saturday	February 19, 2011	Oakland Training Clinic - Hurdles	McClymonds High School	8:30 AM	12:00 PM
Saturday	February 26, 2011	Richmond Training Clinic - Hurdles	Contra Costa College	8:30 AM	12:00 PM
Saturday	March 5, 2011	Oakland Training Clinic - Jumps	McClymonds High School	8:30 AM	12:00 PM
Saturday	March 12, 2011	Comets Track Meet	Contra Costa College	8:00 AM	4:00 PM
Saturday	March 19, 2011	Richmond Training Clinic - Jumps	Contra Costa College	8:30 AM	12:00 PM
Saturday	March 26, 2011	Oakland Invitational Relays	McClymonds High School	8:00 AM	4:00 PM
Saturday	April 2, 2011	Tommie Smith Clinic	McClymonds High School	8:30 AM	12:00 PM
Saturday	April 9, 2011	Break			
Saturday	April 16, 2011	C.A. Track Meet	Skyline High School	8:00 AM	5:00 PM
Saturday	April 23, 2011	Eddie Hart Invitational Track Meet	Pittsburgh High School	8:00 AM	5:00 PM
Saturday	April 30, 2011	Tommie Smith Youth Track Meet	Edwards Stadium, UCB	8:00 AM	5:00 PM
Sunday	May 1, 2011	Tommie Smith Youth Track Meet	Edwards Stadium, UCB	9:00 AM	5:00 PM
Saturday	May 7, 2011	Hershey Track Meet	McClymonds High School	8:30 AM	12:00 PM

**2011 Afterschool Training Locations (Ask your coach for weekday the training location, days and times):**

**East Oakland:** Castlemont High School, 8601 Macarthur Blvd. Oakland, CA. 94605-4037, TBA

**West Oakland:** McClymonds High School, 2607 Myrtle Street, Oakland, CA 94607-3490, TBA

**North Oakland/Berkeley:** Berkeley High School, 2223 Martin Luther King Junior Way, Berkeley, CA 94704-1437, TBA

**West Contra Costa County:** Contra Contra Costa College, 2600 Mission Bell Dr, San Pablo, CA 94806-3195, TBA

**East Contra Cost County:** Pittsburg High School, 250 School Street, Pittsburg, CA 94565-3890, TBA

