

VINCE ANDERSON PRESENTS **SPRINT, HURDLE & RELAY** **SYMPOSIUM 2** **HOUSTON 2023**

DESIGNED FOR
DEVOTED COACHES,
SEEKING DEEP, USEFUL
LEARNING

When

Sat. October 14, 2023 9:00a-7:00p all day
Sun. October 15, 2023 9:00a-3:30 p

WHERE

Saint John's School

Westheimer at Buffalo Speedway, Houston, TX 77019

12 HOURS of WORLD CLASS CONTENT

**Daily, weekly, and season training design/ 100m race modeling/
400m training / 4x100 relay training/ Hurdle training (includes
400H)/ Developing competitors/ Key concepts/ Common problems &
solutions/ Coaching humans/ and more.**

REGISTRATION:

**email hurdlesprint@gmail.com or igdm@coach_vince_anderson
schedule available! < for hotel info, email Richie Mercado rmercado@sjs.org >**



PERFECT
FOR
-YOUTH
-CLUB
-HIGH SCHOOL
-COLLEGE

ADVANCE TICKETS
\$275 for 2 day
event

AT THE DOOR
\$300 for 2 day
event



PAYMENT
Zelle
PayPal
Cash App
Venmo

Continuing Education certificates awarded for 12hrs of CEUs