

**JAMIE NIETO'S**  
**2011**  
**TRACK & FIELD**  
**CAMP**



**Jamie Nieto**  
2004 Olympian  
High Jump



**Connie Moore**  
2004 Olympian  
200 METER SPRINTS



**Mike Hazel**  
2008 Olympian  
JAVELIN



**Brianna Glenn**  
2009 World Champ Team  
LONG JUMP



**Jarred Rome**  
2004 Olympian  
DISCUS/SHOT

# January 8th, 2011

"Your only limitations are what you believe them to be." -- Jamie Nieto

## When:

Saturday, January 8, 2011

## Where:

Chula Vista Olympic Training Center

2800 Olympic Parkway  
Chula Vista, Ca. 91915

Enter from Wuste Rd. using the athletes entrance.

## Camp Schedule

12-4pm

12-12:30 Introductions

12:30-3pm Training

3-4pm Q&A Athletes & Coaches

4pm until Autograph Session

## Highlights:

Train where Champions Train

Athletes will get a chance to learn about Sprints, Javelin, Long Jump, Discus/Shot, and

**High Jump. There will also be a Q&A for coaches and athletes.**

**Come and train with San Diego's Olympians and World Class Athletes who will provide individualized instruction so each athlete builds on personal strengths and works on weakness. The camp will emphasize developing mental as well as physical techniques for optimizing performance.**

**Athletes will learn drills and techniques that they can continue to practice for improvements after camp sessions ends.**

**Great for track & field athletes as well as athletes wishing to develop speed and conditioning for other sports.**

## Insurance

**All participants MUST be a member of USA Track and Field. Part of the Altius Track Crew**  
<https://www.usatf.org/membership/application/>

## Ages

**Open to all High School, JUCO, College, and University athletes and coaches.**

## Cancellation Policy

**There will be a \$50 cancellation fee. If not notified 24hrs in advance.**

## Tuition

**\$75 Per Athlete**

**\$75 Per Coach**

## Discount

**Available for groups of 10 or more \$50 per Athlete and Coaches get in free.**

## What to bring to camp

**Running shoes, Water bottles, appropriate athletic clothing and a lot of energy.**

## Weather Policy:

**Outdoor sessions will continue in light rain. In the event of heavy rain session will be moved indoors for a Q&A and small demonstrations.**

For more information and application please contact:

**Jamie Nieto NSCA-CPT**

**619-743-0314**

[www.JamieNieto.com](http://www.JamieNieto.com)

[J.Nieto@JamieNieto.com](mailto:J.Nieto@JamieNieto.com)

In association with:

