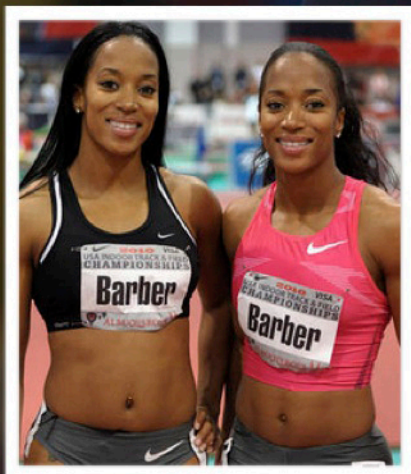


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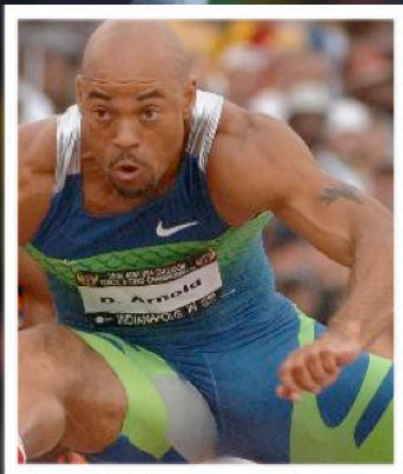
# JAMIE NIETO'S 2012 TRACK & FIELD CAMP



2004 OLYMPIAN  
3 TIME NATIONAL CHAMP  
HIGH JUMP



**Miki & Lisa Barber**  
National Champ and Pan Am  
Gold Medalists  
100-200 METER SPRINTS



**Dominique Arnold**  
National Champ  
Former American Record  
HIGH HURDLES



**Akiba Mckinney**  
2-Time National Champ  
Olympic Hopeful  
LONG JUMP



**Jarred Rome**  
National Champ  
2004 Olympian  
DISCUS THROW

## JANUARY 7TH, 2012

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

**Where:**

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 Warm Up/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, Hurdles, 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 Elementary, Junior High, High School, JUCO, College, and University athletes and coaches.

**Tuition:**

\$100 if not a member of USATF  
\$75 Per Athlete if member of USTAF  
\$75 Per Coach if member of USATF

**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:

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

In association with:

