



## 2024 OUTDOOR SPRING/SUMMER TRAINING AND JUNIOR OLYMPIC TEAM



### MAY - JUNE - JULY

**WHAT:** Track and Field training (sprint, mid-distance, hurdles, high, long, triple jump training, shot put, javelin, discus and Multi-Event training)

**WHEN:** Monday's and Tuesday's

- 5:30pm-6:30pm (Ages 7-12) 6:30pm-7:30pm (Ages 13-18)

**WHERE:** Orem Junior High School (650 w. Jaguar Ave, Orem, UT 84057) for the 1st 4 sessions starting May 6th. Moving to Timpanogos High School (1450 N. 200 E. Orem, Utah. 84057) starting May 20th

**TRAINING COST:** \$490 - Includes 25 sessions plus our optional off day relay sessions, yoga sessions, power hours, off-day workout plans are available as well as our Hot Feet Nutrition guidance.

**Hot Feet Junior Olympic Team** additional \$60 (includes: meet management, registration instructions, team tent set up and tear down, travel for coaches for local meets, ice, fans, medical, spikes, etc) **2024 Uniform will need to be purchased to compete (\$80)**

Outdoor Meets are optional and are usually \$25-\$30. You will need an USATF membership card

### PAYMENT OPTIONS AVAILABLE - MULTI SIBLING DISCOUNTS

Register thru Team Snap at <https://go.teamsnap.com/forms/414381/signups/new>

For more information go to: <https://www.hotfeetc.com>

Director and Coach DeeDee Buzzi Bertoldo (Hurdles, Jumps & Relays), Coach Katie Shepherd (Jumps, Sprints & Relays), Coach Amy King (Javelin & Throws), Coach T (400m & Relays), Coach Jeff (Strength & Conditioning)

### COME JOIN THE JOURNEY!

Please contact founder JT Collor via email [jtcollor@hotfeetc.com](mailto:jtcollor@hotfeetc.com) or call/text at 913-710-8301 or Utah County Director DeeDee (702-335-8043) See you on the track, Coach T and Coach Dee Dee!

*You don't just wake up faster!*