



**2017 SUMMER CAMP**  
**MAY29TH-AUG11TH**



# Triple Crown ATHLETICS



## Training Camp Features

- Starting Block Mechanics
- Drive phase 101
- Top End Mechanics
- Diet & Nutrition
- Recovery & Warm Up
- Sports Psychology
- Race Strategy & Much More..

**WHEN: MAY 29TH**

**@4:30PM PST**

Picture Above (Elvyonn Bailey- 2016 IAAF Indoor World Champion & 2016 Indoor National Championships Bronze Medalist)

**\*\*\*\*(Morning schedule added after school year ends)\*\*\*\***

## **WHERE: CENTENNIAL HILLS PARK**

**7101 N. BUFFALO DR. LAS VEGAS, NV 89131**



### **Training Camp Accolades**

**\*only includes past 6yrs.**

- 2 Olympians
- 9 National Records
- 1 World Record
- 3 World Champions
- 30+ College Athletics Scholarships Awarded (HS)
- 18x State Champions Trained (HS)

(2x Jamaican National Record Holder, 2x IAAF World Relays World Champion, 2014

IAAF World Indoor Bronze Medalist & World Record Holder -Jermaine Brown)

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(4x Liberian National Record Holder, 2016 Olympian & 2016 African Championships Bronze Medalist -Emmanuel Matadi)

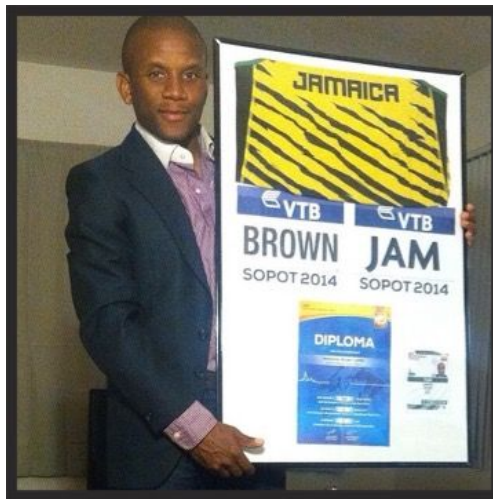
**\*\*\*\* ALL ATHLETES FEATURED IN THIS INFORMATION PACKET WERE TRAINED BY  
TRIPLE CROWN ATHLETICS ( BRYN DAVIS) AT THE TIME OF ALL NOTATED  
ACCOMPLISHMENTS AND WHEN FEATURED PHOTOGRAPHS WERE TAKEN\*\*\*\***

**COST: \* \$250-** ( includes 11 Weeks of Training & Special Guest  
Speaker Meet/Greet)

**\*PRE-REGISTRATION !!!PRIOR TO MAY 23RD!!!**

**\$350 MAY 24TH + AFTER** ( LAST DAY OF TRAINING IS AUGUST  
11TH)

**VISIT [WWW.TRIPLECROWNATHLETICS.COM](http://WWW.TRIPLECROWNATHLETICS.COM) TO SIGN UP!**



“My camp is about the culture of Track & Field & using it to  
empower young people.”

-Bryn Davis