

EAGLE

TRACK CLUB

SPRING TRACK & FIELD

Spring Session Feb 1st-April 28th
All Practices held at Episcopal School of Jacksonville
4455 Atlantic Blvd
Jacksonville FL 32207

ESJ is following Strict Covid Protocols all athletes will need a mask to enter ESJ.
sjbrunell@me.com

<https://www.eagletrack.net>

Our purpose is to expose the wonderful world of Track & Field and Cross Country to our youth along with furthering the skills of current athletes to help them meet their goals. Our Club teaches strength, skill, endurance and speed. We support all Athletes that want to train with a group to get prepped and ready for their sport. We specialize in Speed, Jumps, Hurdles, Throws, Pole Vault, Strength and Endurance.

EAGLE CLUB

We start with basic drills, introduce all aspects of Track & Field. Our Club teaches strength, strategy, endurance and speed.

Practice from 4:45 -5:45
Monday, Wednesday & Friday
Grades 3-12
\$565

Fee includes: practices, uniform & entries fees for ETC hosted meets
*sibling discount 50% off

Dates of practice

2/1, 2/3, 2/5
2/8, 2/10, 2/12
2/17, 2/19
2/22, 2/24, 2/26
3/1, 3/3
3/8, 3/10, 3/12
3/15, 3/17, 3/19
3/22, 3/24
3/29, 3/31
4/5, 4/7, 4/9
4/12, 4/14, 4/16
4/19, 4/21, 4/23
4/26, 4/28, 4/30

ELITE YOUTH EAGLES

Build on your skills, stamina, speed and overall fitness. Work with highly qualified coaches to grow your foundational training, learn new skills and compete at a higher level. Training includes: starts, endurance, hurdles, jumps, power & sprints

Practice from 4:45-6:00
M-F
Grades 6-12
\$855

Fee includes: practices, uniform & entries fees for ETC hosted meets
*sibling discount 50% off

Dates of practice

2/1, 2/2, 2/3, 2/4, 2/5
2/8, 2/9, 2/11, 2/12
2/16, 2/17, 2/18, 2/19
2/22, 2/24, 2/25, 2/26
3/1, 3/2, 3/3, 3/4
3/8, 3/9, 3/10, 3/11, 3/12
3/15, 3/16, 3/17, 3/18, 3/19
3/22, 3/23, 3/24, 3/25
3/29, 3/30, 3/31
4/5, 4/6, 4/7, 4/8, 4/9
4/12, 4/13, 4/14, 4/16
4/19, 4/20, 4/21, 4/22, 4/23
4/26, 4/27, 4/28, 4/29, 4/30

AM WARRIORS

Build on your skills, stamina, speed and overall fitness. Work with highly qualified coaches to grow your foundational training, learn new skills and compete at a higher level. Training includes: starts, endurance, hurdles, jumps, power & sprints

Practice from 6:15-7:30AM
T/TH
Grades 7-12
\$475

Fee includes: practices, uniform & entries fees for ETC hosted meets
*sibling discount 50% off

Dates of Practice

2/2, 2/4
2/9, 2/11
2/16, 2/18
2/23, 2/25
3/2, 3/4
3/9, 3/11
3/16, 3/18,
3/23, 3/25
3/30, 4/1
4/6, 4/8
4/13, 4/15
4/20, 4/22
4/27, 4/29

Questions call or email Coach Brunell
904-472-8276 sjbrunell@me.com
Checks Payable to Eagle Track Club or Venmo @Eagle -Track-Club

