

# **THE GAMESPEED**

*Athletic Training Center*  
**Year Round Track & Field Training**

**LEARN TO RACE NOT JUST RUN!**

Sprints, 800m, Hurdles, Long Jump  
Interval Training, Weight Work,  
Running Form & Technique,  
Block Starts

**CUSTOM TRAINING FOR YOUR  
EVENT!**

**Bring Your  
Spikes  
Indoor &  
Outdoor  
Sessions**

**Monthly  
&  
Multiple session  
Packages**

**Private  
Or  
Groups**

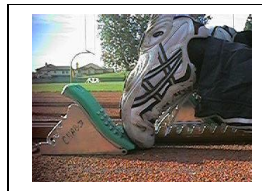
**Year Round Training: Summer, Pre-Season, In  
Season Programs**

**Our 2011 Class had 20 out of 22 NCS Qualifiers  
3 State qualifiers**



*Not just working out. Successful track athletes need proper and responsible management of their talent. A program that includes the correct event choice, track work, resistance training, race tactics and modeling, nutrition and recovery all must work together. Gamespeed can provide that service and help bring out the best in you.*

Visit our website.  
[www.gamespeed.net](http://www.gamespeed.net)  
**Location:**  
**6800 Sierra Ct Suite O**  
**Dublin Ca, 94568**  
**925 513-8676**  
**Follow us on Facebook**



*Classes are instructed by **Aaron Thigpen**, He runs a number of clinics, camps, and writes articles on the speed enhancement field. Aaron is a 20-year veteran of Track and Field. As a coach he has worked with world and national caliber track athletes and countless prep and collegiate runners. As an athlete he was a world class competitor and has been a member of Eleven US National Track and Field Teams and he continues to compete at the Masters level and where he holds a number of world and national titles and is the Masters American Record Holder at 60 and 100 meters.*

**THE GAMESPEED**  
*Athletic Training Center*  
**Keeping You A Step Ahead!**