



Potomac Valley Track Club www.pvtc.org presents

30 Minutes with Walt Cline



www.poweredbyamps.com

Saturday, August 29, at 11:00 AM

**Thomas Jefferson Community Center, Room 35, and outdoors
3501 2nd Street South, Arlington, Virginia**

Walt Cline is the owner and founder of **Athlete Movement & Performance Skills (AMPS)** training system, a training model and workflow for athletic development at all ages.

Walt has developed, consulted, and advised thousands of athletes of all ages in multiple sports at the developmental, scholastic, collegiate, Olympic, and professional levels (NCAA, IAAF, MLB, NFL, MLS, WPGA).

Walt is director of athlete development at St Johns College HS Baseball in DC, sports performance advisor at Bishop Ireton High School athletics in Alexandria assistant track & field coach and biomechanics for all events at University of Virginia Track & Field / XC

Learn SPECIFIC techniques to **empower your warm-up** and **fine-tune your workout**, in preparation for

- 40th Annual Potomac Valley Games, September 5-6, at T.C. Williams H.S. (www.pvtc.org/pvgames)
- PVTC's Young Flyers youth track & field program, Sundays, October 4 to December 13, 3:00 to 5:00 PM, at Thomas Jefferson Community Center, Arlington VA – (www.pvtc.org/youth)
- YOUR school-year or club track & field program

To confirm, please send a message to pvtcsecretary@gmail.com or call **703-505-3567** with questions