

COSUMNES COMMUNITY SERVICES DISTRICT
PARKS AND RECREATION DEPARTMENT



www.yourcsd.com

True Grit Sports ACADEMY

True Grit SPORTS

Training • Conditioning • Consultation

Instructors:

Eric Thompson and True Grit staff

May 28 – August 8 (#46821)

Tuesdays & Thursdays, 10:00–11:00 am
Bartholomew Sports Park, \$176

June 2 – July 28 (#46820)

Sundays, 4:00–6:00 pm
Jungkeit Park, \$145

Age 9+

These clinics focus on conditioning designed for all athletes by teaching the building blocks to establish speed, strength, and agility.

Participants will be evaluated to determine curriculum. Wear sports clothing and bring soccer or football and basketball shoes. Pre-registration is required at a CSD office.

A medical registration form must be on file with the CSD office prior to participation.

Create your CSD moment.



(916) 405-5300 • 405-5600 • www.yourcsd.com • Remember to pre-register.

