

## What We Offer

### Sprint / Hurdle Training

Learn advanced sprint / hurdle drills and mechanics in order to develop speed and hurdle technique.

- Develop your lead and trail leg technique and speed.
- Discover the proper mechanics to 3-stepping.
- "The Zone Drill", "Reaction Drills" and "Standing Lead" and "Trail Drills" are a few of the drills used to improve hurdle mechanics, speed and discipline.
- "Over-speed", Sprint sled and Agility Hurdles are a few of the training methods used to develop speed, power and stride length.

### Long / Triple Jump Training

Enhance jump mechanics to increase overall distance and take-off efficiency.

- Develop approach in order to maximize velocity and control at take-off.
- Learn the proper technique of the "Hitch Kick" or "Hang".
- Understand the importance of each phase in both jumps Ex. Penultimate Step, Step or Skip Phase and Landing Phase.

### High Jump Training

Develop proper take-off and "flop" mechanics in order to increase overall jump height.

- Understand the proper approach for the High Jump "leaning away" and proper take-off position.
- Enhance bar mechanics with multiple take-off, landing and other plyometric drills.

## Registration Form

Name:

---

Address:

---

City:

---

State / Zip Code:

---

Phone:

---

Email:

---

School:

---

Event(s)

---

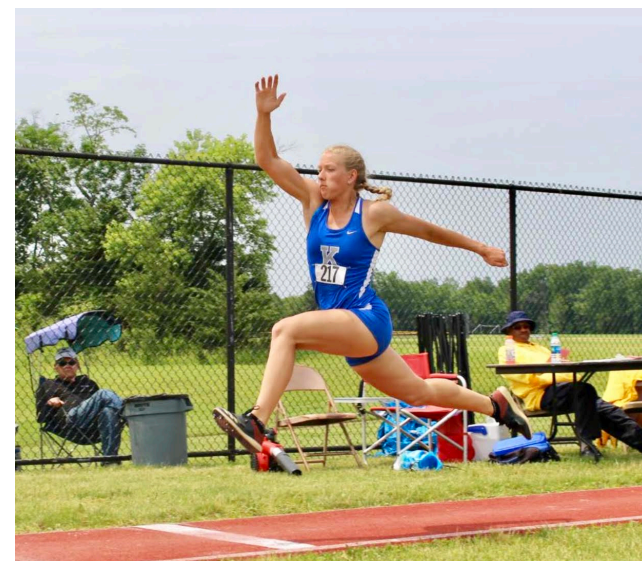
Athlete DoB:

---



## Fall Session 2019

September 11th - December 1st



Visit our website at:  
[highintensitytrack.com](http://highintensitytrack.com)

461 Route 46 West, Fairfield, NJ 07004  
(Entrance is located in the back of Crown Plaza Strip Mall)

## Coaching Staff

### David Lado



#### Director and Coach of High Intensity Track

Coach Lado has been coaching athletes in Track and Field for over 10 years. He has coached at both the High School and Collegiate Levels, starting with The Academy of the Holy Angels, going to New York University followed by a 5 year run as the Head Coach at Don Bosco Prep H.S. Currently the Assistant Track and Field Coach at Ramapo College for the Jumps and Hurdles. A graduate of Rider University where he competed for the indoor/outdoor track and field team.

## Coaching Stats

County Champions	71
State Medalists	100
State Sectional Champions	57
State Group Champions	25
State Meet of Champions Medalists	33
N.J. State Champions	2
USATF National Champions	4
H.S. National Qualifiers	52
H.S National Champions	1
H.S All-Americans	9
Division III ECAC Champions	1
Division III Nationals Champions	1
<b>(Amber Edwards - Ramapo College)</b>	
Division III All-Americans	4

## Fall Session

### Dates and Times

#### September 11th - December 1st

##### Monday

3:30 p.m. - 5:00 p.m. (Hurdles / Sprints)  
5:00 p.m. - 7:00 p.m. (Long / Triple Jump)  
7:00 p.m. - 9:00 p.m. (High Jump)

##### Tuesday

3:30 p.m. - 5:00 p.m. (Hurdles / Sprints)  
5:00 p.m. - 7:00 p.m. (Long / Triple Jump)  
7:00 p.m. - 9:00 p.m. (Hurdles / Sprints)

##### Wednesday

3:30 p.m. - 5:00 p.m. (Long / Triple Jump)  
5:00 p.m. - 7:00 p.m. (High Jump)  
7:00 p.m. - 9:00 p.m. (Hurdles / Sprints)

##### Thursday

3:30 p.m. - 5:00 p.m. (Long / Triple Jump)  
5:00 p.m. - 7:00 p.m. (Hurdles / Sprints)  
7:00 p.m. - 9:00 p.m. (Long / Triple Jump)

##### Friday

3:30 p.m. - 5:00 p.m. (Hurdles / Sprints)  
5:00 p.m. - 7:00 p.m. (High Jump)  
7:00 p.m. - 9:00 p.m. (Long / Triple Jump)

##### Saturday

Saturday sessions are by request only!

##### Sunday

10:00 a.m. - 12:00 p.m. (High Jump)  
12:00 p.m. - 2:00 p.m. (Hurdles / Sprints)  
2:00 p.m. - 4:00 p.m. (Long / Triple Jump)  
4:00 p.m. - 6:00 p.m. (Event to be determined)

**SCHEDULE IS SUBJECT TO CHANGE.**

## David Lado

**Phone:** 201-233-3604

**Email:** highintensitytrack@gmail.com

## Training Packages

### Introductory Package - \$150

3 Sessions

### Bronze Package - \$450

10 Sessions

### Silver Package - \$600

20 Sessions

### Gold Package - \$675

Unlimited through current season

Please call or email with training or pricing questions. Family prices also available!

## Team Training

High Intensity Track will train your team! Whether you travel to us or we travel to you, we are here to help enhance your team in their specific events.

Prices vary depending on size of team, distance and time at location. Please call or email for price options.

## Long/Triple Jump Track Meet

High Intensity Track is excited to announce a Long and Triple jump meet being held Saturday, October 20th for youth and high school divisions! Check website for more information!