

Southwest Pacific Region Indoor

Test & Tune Clinic

Presented by:

**3x World Champion
7x World Team Member**

Josh Wood

**Hosted by: Sunrise Rollerland
Saturday April 9th**

3-7pm. 3-3:30 Registration/Orientation

Pre-Sign up \$30. Registration Day of \$40

Clinic Will Include: proper warm up, NEW stretching & dryland, starts, track pattern, corner entry, edging technique, sprinting and so much more!

For info or to download registration form
log on to www.swpl.speed-skater.com

*Send completed form & fees to: Sunrise Rollerland, Attn: Josh Wood
6001 Sunrise Vista Dr. Citrus Heights, CA 95610*