



# Track & Field Clinics

WINTER 2016-17

**Who:** T&F athletes, all ages (i.e. Youth, H.S., Masters)

**Where:** Adelphi University, 1 South Avenue, Garden City, NY;

Center for Recreation & Sport

**Dates/Times:** (please arrive 15 minutes early to check in)

**Sundays: December 11<sup>th</sup>, January 22<sup>nd</sup>, February 5<sup>th</sup>**

1:00p-2:30p (all dates)

**Cost:** \$35 each, or \$100 for all 3 (Adelphi T&F t-shirt included if you sign up for all 3)

**What:** Pre-season track & field clinic, designed to help fine-tune your form, correct & improve your technique, and teach strength work for all events:

- Mid-distance/Distance events: Form drills; Strength; Race strategy; Training/racing mentality
- Sprints: Block starts; Drive phase; Form/Technique; Drills
- Hurdles: Drills; Technique evaluation & correction
- Long jump & Triple Jump: Warmup drills; Box drills; Approach; Technique evaluation & correction; Phase breakdown
- High Jump: Drills; Approach; Technique evaluation & correction
- Shotput & Weight throw: Technique evaluation & correction; Drills; Breakdown of phases

To register: [http://aupanthers.com/sb\\_output.aspx?form=32](http://aupanthers.com/sb_output.aspx?form=32)

Clinics taught and supervised by the Adelphi Track and Field coaching staff & athletes

Make checks payable to “**Adelphi University**”

Adelphi Track & Field T-shirts (\$15), bumper stickers (\$5), wristbands (\$2) for sale.

Questions? Please contact Angela Mongitore—amongitore@adelphi.edu

