

ADELPHI



TRACK & FIELD

CLINIC—NOVEMBER 2017

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 15-30 minutes early to check in & warm-up)

Sunday, November 12th, 1:00p-3:00p

Cost: \$30

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

- 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
- Mid-distance/Distance events: Form drills; Strength; Race strategy; Training/racing mentality

To register: 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 (\$20) & bumper stickers (\$5) for sale.

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

