



# Track & Field Clinic

OCTOBER 2015

**Who:** T&F athletes, ages 13 & up

**Where:** Adelphi University, 1 South Avenue, Garden City, NY; Center for Recreation & Sport

**Date/Time:** (please arrive 15 minutes early to check in)

**Sunday, October 4th, 1:30p-3:00p**

**Cost:** \$25



\*\* A portion of our proceeds from the October clinic will go directly to support Adelphi Athletics' JMBCA "Think Pink" campaign & Adelphi's NYS Breast Cancer Hotline\*\*

**What:** Pre-season track & field conditioning, as well as form, technique, and strength work for all event areas:

- Mid-distance/Distance events
- Sprints (including block starts)
- Hurdles
- Long jump & Triple Jump
- High Jump
- Shotput & Weight throw

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

Certified athletic trainer on site; Water provided

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

You may register for specific dates, or all dates

Please specify and choose one event area for each date

T-shirts also for sale.

Make checks payable to "Adelphi University"

