

Sprints, Hurdles, Jumps and Throws

Saturday, March 16, 2013

Penfield High School

25 High School Dr., Penfield, NY



For Athletes & Coaches

Only \$25.00 per session

Includes 1 t-shirt per athlete

Limited number available
Registration Limited to 200 per session

Give-aways provided by USATF



CLINICIANS:

Sprints – Dan Fichter of *Wanna Get Fast* will primarily focus on proper warm-up and preparation for competition.

Hurdles - Coach Andrew Blanks from Houston, Texas has coached numerous Texas State finalists and record holders in the hurdles and is known for having two of his former athletes in the finals of the 2004 Olympic 400 hurdles.

Horizontal Jumps – Peter Pratt joins us from the Bahamas. Coach Pratt is an IAAF Level IV Diploma Elite Coach for Horizontal Jumps and has coached most of the international jumpers from the Bahamas.

High Jump – Paul Souza established himself as a high jump specialist during his 17 years as Head Coach at Wheaton College. Souza's teams were leading national powers in NCAA Division III track & field.

Throws- With Mike Judge of Throw1Deep of Georgia. Coach Judge's program has produced numerous state and national champions and consistently sees its athletes qualify for World Youth & World Junior USA teams.

REGISTRATION

Morning Session (9am - noon) <http://www.headcountreg.com/meet/503>

Afternoon Session (2pm - 5pm) <http://www.headcountreg.com/meet/504>

For more information : Flowercitytc@yahoo.com