

USATF Minnesota SJU/CSB Youth Indoor Track and Field Clinic

Saturday, January 20, 2018
St. John's University Indoor Track
Collegeville, Minnesota
9:00 AM - 12:00 PM
(Registration 8:00 AM - 9:00 AM)

Long and Triple Jump, High Jump, Pole Vault, Throws, Sprints, Hurdles, Middle Distance/Distance

St. John's University and College of St. Benedict's athletes and coaches will be presenting techniques for starting, sprinting, hurdling, middle distance and distance running, long jump, triple jump, high jump, pole vault and throws (discussion of discus, javelin and learn by doing with shot put). Participants will be provided with opportunities to learn by doing at this clinic and should come dressed ready to run, jump and throw. Athletes will have the opportunity to learn multiple events or they may choose to focus on one event area at two or all three sessions. Track spikes (no longer than 1/4 inch) may be worn but are not required for the running and jumping events. Parents and coaches are welcome to listen and learn during the presentations.

Clinic Schedule:

8:00-9:00 AM	On-site registration and pre-registered check-in
9:00-9:10 AM	Welcome and introductions
9:10-9:30 AM	Full group warm-up
9:30-10:20 AM	1 st session
10:20-11:10 AM	2 nd session
11:10 AM-12:00 PM	3 rd session

Eligibility: Athletes from 5-18 years of age are invited to attend the USATF Minnesota SJU/CSB Indoor Youth Track & Field Clinic. All participants or parent/guardian must sign an entry waiver.

Early Registration Cost (received by January 18, 2018): \$20 (2018 USATF members pay only \$15 for the clinic; 2018 USATF memberships may be purchased at the door or in advance by visiting www.minnesota.usatf.org/Membership/Join.aspx. 2018 youth memberships cost \$20. In addition to the discount for this clinic, membership is required for the Association Indoor Championship and other discounts are available to members throughout the year.)

Mail registration to: USATF Minnesota, 960 Douglas Road, Mendota Heights, MN 55118.

On-site (January 20) Registration Cost: \$25 (2018 USATF members pay only \$20)

Payment Options: Check or cash only. No credit cards accepted.

Age Verification: USATF members whose date of birth is not already verified in the USATF database should submit date of birth verification to office@usatfmn.org once a membership is purchased. Copy of birth certificate, passport, driver's license or driver's permit accepted.