



IOWA HAWKEYE TRACK AND FIELD CLINICS

HURDLE CLINIC

SUNDAY, FEBRUARY 21, 2016 (10:00 AM—1:00 PM)

SUNDAY, MARCH 6, 2016 (1:30 PM— 4:30 PM)

- 100/110m and 300/400m Hurdle Instruction: Start and Acceleration Mechanics / Proper Hurdle Technique / Hurdle Drills / Hurdle Training / Strength Training / Race Strategy

SPRINT CLINIC

SUNDAY, FEBRUARY 21, 2016 (1:30 PM—4: 30 PM)

SUNDAY, MARCH 6, 2016 (10:00 AM—1:00 PM)

- 100/200/400m Sprint Instruction: Start and Acceleration Mechanics / Maximum Speed Mechanics / Sprint Training / Strength Training / Race Strategy

THROWS CLINIC

SUNDAY, NOVEMBER 1, 2015 (10:00 AM—1:00 PM)

SUNDAY, NOVEMBER 22, 2015 (2:00 PM—5:00 PM)

SUNDAY, JANUARY 17, 2016 (10:00 AM—1:00 PM)

SUNDAY, FEBRUARY 21, 2016 (12:00 PM—4: 00 PM)

SUNDAY, MARCH 6, 2016 (12:00 PM—4: 00 PM)

- Strength Training / Javelin and Hammer Throw Basics / Active Shot Put and Discus Instruction

HORIZONTAL JUMPS

SUNDAY, FEBRUARY 21, 2016 (1:30 PM—4: 30 PM)

SUNDAY, MARCH 6, 2016 (10:00 AM—1:00 PM)

- Approach Development, Penultimate Development and Landing Basics / Acceleration Mechanics and Maximum Speed Mechanics / Strength and Power Training Instruction and Participation

VERTICAL JUMPS

SUNDAY, FEBRUARY 21, 2016 (1:30 PM—4: 30 PM)

SUNDAY, MARCH 6, 2016 (10:00 AM—1:00 PM)

- Approach Development, Penultimate Development and Bar-Air Mechanics / Acceleration Mechanics and Maximum Speed Mechanics / Strength and Power Training Instruction and Participation

MIDDLE DISTANCE

SUNDAY, JANUARY 17, 2016 (1:00 PM—4:00 PM)

SUNDAY, FEBRUARY 21, 2016 (10:00 AM—1: 00 PM)

SUNDAY, MARCH 6, 2016 (1:30 PM—4:30 PM)

SUNDAY, APRIL 24, 2016 (1:00 PM—4:00 PM)

- 400/800/Mile Training Theory: Speed Based Polarized Training Model/Proper Acceleration Mechanics/ Maximum Speed Mechanics/Strength Training/ Mid-Distance Race Modeling Instruction and Participation

COACHES

JOEY WOODY— Director of Track and Field/Cross Country (Hurdles and Sprints)

CLIVE ROBERTS— Associate Head Coach (Sprints and Horizontal Jumps)

JASON WAKENIGHT—Assistant Coach (2nd Year) (Middle Distance and Sprints)

ANDREW DUBS—Assistant Coach (2nd Year) (Throws)

MOLLY JONES—Assistant Coach (3rd Year) (Vertical Jumps)

All camps will take place at the Iowa Rec Building (Indoor Track Complex) across from
Kinnick Stadium

Iowa Track and Field Sports Camps Information

COST: 1 Clinic—\$75 (includes t-shirt) 2 Clinics—\$130 (includes t-shirt)

HIGH SCHOOL ATHLETES ONLY

GROUP RATE: 4 or more together : subtract \$10 per person //Coaches are Free with 4 or more athletes

Refunds only at the discretion of the Iowa Coaching Staff. This clinic will plan to go on even if there is inclement weather. Updates on cancelations or makeup dates will be available online.

Illinois Coaches: eight athletes maximum per school

Cost for the treatment of injuries and hospitalization for illness or injuries incurred during the Sports Camps will be the responsibility of the parent or guardian of the participant.

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