

IOWA HAWKEYE LONG JUMP CLINICS

SUNDAY, FEBRUARY 20, 2011 (2:30-6:30PM) Clinic #1

SUNDAY, MARCH 6, 2011 (10:00AM-2PM) Clinic #2

Topics to be covered:

- Approach Development, Penultimate development and Landing mechanics
- Acceleration mechanics and Maximum Speed Mechanics

****CLINICS OPEN TO ALL HIGH SCHOOL BOYS/ GIRLS AND COACHES****

STAFF:

- Clive Roberts- University of Iowa Women's Sprint/Hurdles and Men/Women Horizontal Jumps Coach
USATF Level II Certified-Throws/Sprints/Hurdles/Jumps/Relays Coach
Coached Renee White 2009 Big Ten Record holder and Champions in the Triple Jump
Coached Jeff Herron 2010 Big Ten Runner –up in the Long Jump
20 National Qualifiers in last 2 years

LOCATION: 930 Stadium Drive Iowa City, IA 52242 Iowa REC Building (Indoor Track and Field Complex) by the FB Bubble

Contact Clive Roberts with any questions: clive-roberts@uiowa.edu or 319-530-7583

WWW.IOWATRACKANDFIELDCAMPS.COM for more details



Registration Form (print clearly)

Name:

Coach or Athlete: Please Circle one

Athlete Year in School: Fr SO JR SR (Please Circle One)

School:

Email address:

Phone Number:

Circle Clinic(s) you will attend: Clinic 1 2/20 Clinic 2 3/6

Cost: 1 Clinic - \$75 (Includes T-Shirt) 2 Clinics- \$130 (Includes 2 T-shirts) –BEST DEAL!

Shirt Size (Circle)- XL L M S

Group Rate: 4 or more together: subtract \$10 per person // Coaches are Free with 4 or more Athletes

Registration at the door is available— Cost: 1 Clinic—\$85 2 Clinics— \$140

Refunds only at the discretion Clinic Director Clive Roberts. The clinic will plan to go on even if Inclement Weather occurs. Updates on cancelations or makeup dates will be available online.

NEW THIS YEAR: Register and Pay online @ www.lowatrackandfieldcamps.com

OR

Mail Registration and checks to: Iowa Sprints/Hurdles Clinics
219 CHA—Iowa Track and Field
Iowa City, Iowa 52242

Illinois coaches: eight athletes maximum per school: we host four separate hour long clinics to comply with IHSA rules

Costs 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. The University of Iowa prohibits discrimination in employment and in its educational programs and activities on the basis of race, national origin, color, creed, religion, sex, age, disability, veteran status, sexual orientation, gender identity, or associational preference. The University also affirms its commitment to providing equal opportunities and equal access to University facilities. For additional information on nondiscrimination policies, contact the Coordinator of Title IX, Section 504, and the ADA in the Office of Affirmative Action, 319/335-0705 (voice) or 319/335-0697 (text). The University of Iowa, 202 Jessup Hall, Iowa City, Iowa 52242-1316. Individuals with disabilities are encouraged to attend all University of Iowa sponsored events. If you are a person with a disability who requires an accommodation in order to participate in this program, please contact the sponsoring department or contact person in advance at 319/335-9743. 1303/1-00