



IOWA HAWKEYE HURDLE CLINICS

SUNDAY, FEBRUARY 20, 2011 (10am-2pm)

SUNDAY, MARCH 6, 2011 (2:30-6:30pm)

- Topics: **100/110m and 300/400m Hurdle Instruction:** Start and Acceleration Mechanics / Proper Hurdle Technique / Hurdle Drills / Hurdle Training / Strength Training / Race Strategy
- **Athlete Participation and Critique by Coaching Staff**

IOWA HAWKEYE SPRINT CLINICS

SUNDAY, FEBRUARY 20, 2010 (2:30-6:30pm)

SUNDAY, MARCH 6, 2010 (10:00am-2pm)

- Topics: **100/200/400m Sprint Instruction:** Start and Acceleration Mechanics / Maximum Speed Mechanics / Sprint Training / Strength Training / Race Strategy
- **Athlete Participation and Critique by Coaching Staff**

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

Coaches:

- **Joey Woody** - Iowa Sprints/Hurdles Coach, NCAA 400 Hurdles Champion, 4 x 400 World Champion, World Champs Silver Medalist-400 Hurdles, 4 x 800 World-Record, Coached All-Americans in 400m and 4x400 Relay in 2010
- **Clive Roberts** - Iowa Women's Sprints/Hurdles Coach, Canadian National Junior Champion-110 Hurdles, Coached All-American 60 hurdler in 2009
- **John Raffensperger** - Iowa Volunteer Coach, Former Iowa City High Boys Track Coach, Coached 10 Iowa 4A Team State Titles, Holds State Records in 200m, 400m, 4x1, 4X2, Sprint Med, Coached Tim Dwight and Joey Woody
- **Jason Wakenight** - Iowa Volunteer Coach, Coached Multiple High School State Champions in the Sprints, Hurdles & Relays

LOCATION: Iowa REC Building (Indoor Track Complex) by the FB Bubble
Contact Joey Woody with any questions: joey-woody@uiowa.edu or 319-335-9421

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: Sprints: 2/20 3/6 Hurdles: 2/20 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 of the Iowa Coaching Staff. 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.Iowatrackandfieldcamps.com
OR

Mail Registration and checks to: Iowa Sprints/Hurdles Clinics
227 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.

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