



IOWA HAWKEYE ELITE HURDLE CLINIC

SUNDAY, MARCH 20, 2011 (12-4:00 pm)

- Topics: **100/110m and 400m Hurdle Instruction:**
 - Start and Acceleration Mechanics
 - Proper Hurdle Technique
 - Hurdle Drills
 - Hurdle Training
 - **Strength and Power Training Instruction and Participation**
 - Race Strategy
 - **VIDEO REVIEW and ANALYSIS**
 - **Athlete Participation and Critique by Coaching Staff**
- **If weather permits, we will use the outdoor facility after registering at the REC****

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

****LIMITED TO THE FIRST 30 BOYS AND 30 GIRLS TO REGISTER ****

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: BOYS HURDLES: 3/20 GIRLS HURDLES 3/20

Athlete Cost: Clinic - \$100 (includes T-Shirt or Shorts)

Coaches Cost: Clinic—\$50

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

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.

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