



## IOWA HAWKEYE HURDLE CLINICS

SUNDAY, FEBRUARY 19, 2012 (10am-2pm)

SUNDAY, MARCH 4, 2012 (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 19, 2012 (2:30-6:30pm)

SUNDAY, MARCH 4, 2012 (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, 400 Hurdles World Championship Silver Medalist, 2011 Indoor & Outdoor Midwest Asst. Coach of the Year, Coached All-Americans in 200m, 800m, & 4x400 Relay in 2011
- **Clive Roberts** - Iowa Women's Sprints/Hurdles Coach, Canadian National Junior Champion-110 Hurdles, Coached All-American 800m Runner in 2011
- **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** - Loyola University Sprint and Hurdle Coach

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:** 2/19    3/4    **Hurdles:** 2/19    3/4

**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.

**Register and Pay online @ [www.Iowatrackandfieldcamps.com](http://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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