



University of Iowa Athletic Development and Injury Prevention Clinic

Conducted by JC Moreau, Head Strength and Conditioning Coach, University of Iowa

Saturday, May 7, 2011

8:30a.m. to 10:00a.m.

Offered to Players (4th grade and up) and Coaches
\$15/person (\$5 donated to Camp Courageous)- coaches and parents will
not have to pay if they have a child in attendance

***All participants must sign a waiver (download at www.eiowasf.com)**

***Instruction in the mechanics of running, mobility, flexibility, acceleration,
deceleration, and injury prevention benefits in the follow sports:***

Track & Field

Football

Basketball

Soccer

Softball

Baseball

Volleyball

Reservations are required. To register, contact the Eastern Iowa Sports Facility at 319-480-9878 or email krusti01@luther.edu. The Facility is located at 702 John Drive in Monticello, Iowa. Visit our website at www.eiowasf.com for directions and more information on the upcoming events.

