



# IOWA HAWKEYE TRACK AND FIELD CLINICS

## HURDLE CLINIC

SUNDAY, FEBRUARY 19, 2017 (10:00 AM—1:00 PM)

SUNDAY, MARCH 5, 2017 (1:30 PM— 4:30 PM )

- 100/110m and 300/400m Hurdle Instruction: Start and Acceleration Mechanics / Proper Hurdle Technique / Hurdle Drills / Hurdle Training / Strength Training / Race Strategy

## SPRINT CLINIC

SUNDAY, FEBRUARY 19, 2017 (1:30 PM—4: 30 PM)

SUNDAY, MARCH 5, 2017 (10:00 AM—1:00 PM)

- 100/200/400m Sprint Instruction: Start and Acceleration Mechanics / Maximum Speed Mechanics / Sprint Training / Strength Training / Race Strategy

## THROWS CLINIC

SUNDAY, NOVEMBER 6, 2016 (12:00 PM—3:00 PM)

SUNDAY, FEBRUARY 19, 2017 (1:00 PM—4: 00 PM)

SUNDAY, MARCH 5, 2017 (1:00 PM—4: 00 PM)

- Strength Training / Javelin and Hammer Throw Basics / Active Shot Put and Discus Instruction

## HORIZONTAL JUMPS

SUNDAY, MARCH 5, 2017 (1:30 PM—4: 30 PM)

- Approach Development, Penultimate Development and Landing Basics / Acceleration Mechanics and Maximum Speed Mechanics / Strength and Power Training Instruction and Participation

## VERTICAL JUMPS

SUNDAY, FEBRUARY 19, 2017 (10:00 AM—1:00 PM)

- Approach Development, Penultimate Development and Bar-Air Mechanics / Acceleration Mechanics and Maximum Speed Mechanics / Strength and Power Training Instruction and Participation

## MIDDLE DISTANCE

SUNDAY, FEBRUARY 19, 2017 (10:00 AM—1: 00 PM)

SUNDAY, MARCH 5, 2017 (1:00 PM—4:00 PM)

- 400/800/Mile Training Theory: Speed Based Polarized Training Model/Proper Acceleration Mechanics/ Maximum Speed Mechanics/Strength Training/ Mid-Distance Race Modeling Instruction and Participation

## COACHES

**JOEY WOODY**— Director of Track and Field/Cross Country (Hurdles and Sprints)

**CLIVE ROBERTS**— Associate Head Coach (Sprints, Vertical, and Horizontal Jumps)

**JASON WAKENIGHT**—Assistant Coach (Middle Distance and Sprints)

**ANDREW DUBS**—Assistant Coach (Throws)

# Iowa Track and Field Sports Camps Information

Sign up for camp on [iowasportscamps.com](http://iowasportscamps.com)

**COST: 1 Clinic—\$75 (includes t-shirt) 2 Clinics—\$130 (includes t-shirt)**

**HIGH SCHOOL ATHLETES ONLY**

**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. This clinic will plan to go on even if there is inclement weather. Updates on cancelations or makeup dates will be available online.**

**Illinois Coaches: eight athletes maximum per school**

Cost 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 association 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, IA, 52242. 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.

Camps in 2016 will check in at the Hawkeye Turf Indoor Complex located just north of the Hawkeye Tennis and Rec Building, 2820 Prairie Meadow Dr, Iowa City, IA, 52242

All camps in 2017 will check in at the Iowa Rec Building (Indoor Track Complex) across from Kinnick Stadium  
930 Evashevski Dr, Iowa City, IA 52246

Contact Kate See with any questions  
Kathryn-see@uiowa.edu or 319-384-1625  
Visit [www.iowasportscamps.com](http://www.iowasportscamps.com) for more details