REGISTRATION FORM

Bridging the Gap from Youth to Olympian

Track & Field Clinic for Coaches, Athletes & Parents
March 5, 2005 7:00am - 5:00pm
MidAmerica Nazarene University

Please Print & Fill In All Info Below and Return

Name: ____________________________
Coach ________ Athlete ________ Parent ________
Address: __________________________________________
School: __________________________________________
School Phone: _______________________________
Home Phone: ________________________________

E-Mail: __________________________________________

I will participate in the drills in the sessions I attend: YES________  NO_______
T-Shirt Size: ________

Registration: $75 for Coaches & Parents $40 for Athletes! All On-Site Registration is $10 additional.
Schools that have 10 or more athletes, coaches and parents register will be charged $60 for coaches & parents and $30 for athletes.

NOTE: Kansas T & F Athletes are not permitted to attend due to KSHSAA rules. Athletes from all other surrounding states may!

Clinic Notes to those registered by March 1st:

Send Checks Payable To: BROCAW BLAZERS
13663 S. Locust
Olathe, KS  66062

For More Info www.trackandfieldclinic.org
Coach David Ramsey (816) 365-7938

CLINICANS & STAFF

All clinicians were selected because they are positive role models and have a unique ability to communicate their knowledge in their area of expertise in Track & Field to both athletes and coaches.

Andy Bloom - Shot Put & Discus; 2000 Grand Prix Final Shot Put Champion; 2000 Olympic, 3-time US National Indoor Shot Put Champ, NCAA Champ in both shot put and discus, PR’s: Shot - 71’7” & Discus - 224’2”

Sheila Burrell - Sprints, hurdles and jumps; 4-time USA National Heptathlon Champion, 2002 World #1 Ranked Heptathlete. 2001 World Championship bronze medal, 2000 & 2004 Olympic, 3-time National Heptathlon Runner-up, PR’s: 100H - 13.05; HJ - 5’8”; SP - 47’5”; 200m - 22.92; LJ - 21’2”; JT - 165’; 800m - 2:10.11; Heptathlon - 6472 pts

Andy Downlin - Middle Distance; 2001 US National Outdoor 1500m Champion, 2001 US World XC Team, PR’s: 1500m - 3:36.70 & Mile - 3:56.25

Dr. Milton Dwyty - Chiro+Plus Kinesiology Developer. He is an expert on athletic injuries and their care and prevention.


Randy Huntington - Sprints, Hurdles & Jumps; Master Jumps Coach, Former USA Olympic Training Center T&F Coordinator, Coach of both Mike Powell and Willie Banks when they set World Records in the LJ & TJ respectively.

Scott Loquist - NLP Trainer and sports psychology expert. Still holds the University of Arkansas shot & discus records


Scott Raczkowski - Middle Distance; HS and Pro Coach of Alan Webb. Kathy Rounds - 400, 800 & Heptathlon; 1997 & 1999 World Championship Team Qualifier, 1997 USA National 800m Champion; PR’s: 800m - 1:59.28 & 400m - 52.70

Scott Russell - Javelin; Canadian Javelin Record Holder, 2003 Canada World Championship Team, Collegiate Record 35ft Weight Throw, 2002 NCAA Javelin & Indoor Weight Throw Champion, PR’s: Javelin - 267’11” & 35# Weight - 81’5”


CLINIC SESSION SCHEDULE

7:00-8:15 - CLINIC CHECK-IN
8:15-8:25 - OPENING COMMENTS
8:30-9:25
Session One - Strength Training For Track & Field Athletes
Session Two - 800m - 3200m Training - Part I (Youth & Jr. High)
Session Three - Sprint Mechanics & Training - Part I

9:30-10:25
Session One - Shot Put - Part I
Session Two - 800m - 3200m Training - Part II (HS - College)
Session Three - High Jump
Session Four - Long Jump
Session Five - Pole Vault - Part I

10:30-11:25
Session One - Shot Put - Part II
Session Two - 800m - 3200m Training - Part II (HS - College)
Session Three - High Jump
Session Four - Long Jump
Session Five - Pole Vault - Part I

11:30-12:25 - LUNCH IS SERVED
12:25-1:25
Session One - Discus - Part I
Session Two - Hurdles
Session Three - Triple Jump
Session Four - Pole Vault - Part II
Session Five - Form Analysis and Biomechanics for Runners

1:30-2:25
Session One - Discus - Part II
Session Two - 400m & 800m Training
Session Three - Prevention and Treatment of Athletic Injuries

2:30-3:25
Session One - Training Your Mind to Be a Better Athlete
Session Two - Technological Advances Utilizing HyTek, Finish Lynx, Darts & Omega Wave
Session Three - Javelin

3:30-4:25
Session One - Rules Interpretation for KS, MO, NE & Iowa
Session Two - Roundtable Discussion/Anthograph Session - From Youth to Olympian “Anything you’ve Ever Wanted to Ask a World Class Athlete or Coach!”

4:30-5:00 - Closing Comments & Prize Drawings
REGISTRATION INCLUDES
Topics to include correct technical and skill development by using drills for enhancing the following Track & Field areas; Shot Put, Discus, Javelin, Pole Vault, High Jump, Long Jump, Triple Jump, Hurdles and Sprint Mechanics.

All proceeds from the clinic will go to support youth athletics and provide training stipends for clinicians.

Iowa, Kansas, Missouri and Nebraska Track & Field rules interpretation meetings.

Prize drawings from national and local sports vendors.

Ability to interact with world class athletes and coaches.

A super lunch with world class athletes and coaches.

Great menu of topics for coaches, athletes and parents.

Clinic notes for all participants registered by March 1st.

First 200 participants registered get free clinic T-Shirts.

Participants will also have the opportunity to familiarize themselves with new T&F technology including Dartfish, Finish Lynx, Hy-Tek Meet Manager and Omega Wave.

DIRECTIONS TO THE CLINIC
MidAmerica Nazarene University is located just south of Kansas City in Olathe, KS, just east of I-35. From north or south on I-35, take the second Olathe exit which is Highway 150 or Santa Fe. Go East on Santa Fe. At the first intersection, which is Clairborne, go south (right) to College Way (approx. 8 blocks). Go east (left) at College Way. After arriving at the campus, turn south (right) on S. Lindenwood Drive. Turn left into the first parking lot in front of the Cook Center where the clinic will be held.

SPONSORS INFORMATION
GTM Sportswear - www.GTMSportswear.com
Chiro + Plus Kinesiology - www.cpkusa.com
Garry Gribble’s Running Sports - (816) 822-0440
Holiday Inn - www.holiday-inn.com/olatheks
Rapid Results Systems - www.rapidresultssystems.com
D & B Print Shop – (913) 782-6688