

University of Delaware
2010
Indoor Track & Field
Clinic

Delaware Field House
621 South College Ave,
Newark DE 19716

Sunday, January 17th 2010

2:00 PM to 4:00 PM

Ages: 13-19 yrs. old

\$25.00 per participant

Registration Deadline

Friday, January 15th 2010 at NOON

Hosted by the University of Delaware
Track and Field Coaching Staff

Clinic Events & Staff

Distance - Jim Fischer

Sprints- Wendy McFarlane

Throws (Rotational SP & DS) - Larry Pratt

Long Jump - Mike Roberts

Pole Vault - Chris Watson



Participants will have an opportunity to learn the fundamentals of the Sprints, Distance Running, Long Jump, Rotational Shot and Discus followed by active participation which include various skills, drills and techniques.

All participants will receive a clinic t-shirt.



CLINIC

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2:00 PM to 4:00 PM

Fee - \$25.00

For more information contact:

Wendy McFarlane

Head Women Track and Field Coach

Men's & Women's Sprints & Hurdles Coach

Phone: (302) 831 - 8738

Email: wendym@udel.edu

To register please fill out the form below:

Mail payment and form to the address below
Walk-in registration is also available.

Parents/participants will be asked to sign participation agreement form on-site or go to the website below to print and return form with your payment:

www.mis2.udel.edu/ud/forms/NCAAcompliance/participate.html

Full Name: _____

School or Affiliation: _____

Age: _____

Gender: M/F

T-Shirt Size: S - M - L - XL

Home Address _____

City _____ State _____ ZIP _____

Home Phone: _____

Other Phone: _____

Email _____

Circle event of interest

Sprints - Distance - Throws - Jumps
Checks Payable to: University of Delaware

Mail to: Wendy McFarlane

134 Delaware Field House

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Newark DE, 19716