

Marshall University Track & Field/XC Clinic

January 7, 2017

Marshall University Indoor Track

**** Open to grades 6 and up ****

Clinic Schedule

8:00am-8:45am—Clinic Registration

9:00am-12:00pm—Sprints / Hurdles / Block Starts / Specific Training

- Coach Don Yentes & Current Athletes

9:00am-12:00pm—Shot / Discus / Throws Specific Training

- Coach Travis Coleman & Current Athletes

9:00am-12:00pm—XC / Long Distance / Specific Training

- Coach Caleb Bowen & Current Athletes

Athlete Pricing

\$60—If pre-registered

\$75—At the door

Coaches Pricing

- \$30 Per Day

Coaches clinic includes

- Access to track during all clinic sessions
- Coaching explanation of techniques and what to look for during practice and competition
- Q&A sessions with coaching staff to aid in retention of material taught during sessions

*Contact Information

For more information email Travis Coleman at colemant@marshall.edu, your e-mail confirmation of attendance will serve as your pre-registration.