

# ADELPHI



## TRACK & FIELD

WINTER 2017-2018

**Who:** T&F athletes, all ages (i.e. Youth, H.S., Masters)

**Where:** Adelphi University, 1 South Avenue, Garden City, NY;

Center for Recreation & Sport

**Dates/Times:** (please arrive 15-30 minutes early to check in & warm-up)

**Sunday, December 3<sup>rd</sup>** 10:00a-12:00p

**Sunday, January 7<sup>th</sup>,** 11:00a-1:00p

**Sunday, February 4<sup>th</sup>,** 1:00p-3:00p

**Cost:** \$30 each date (free t-shirt if you sign up & pay for all 3)

**What:** Pre-season track & field clinic, designed to help fine-tune your form, correct & improve technique, and teach strength work for all event areas:

- Sprints: Block starts; Drive phase; Form/Technique; Drills
- Hurdles: Drills; Technique evaluation & correction
- Long jump & Triple Jump: Box drills; Approach; Technique eval/correction; Phase breakdown
- High Jump: Drills; Approach; Technique evaluation & correction
- Shotput & Weight throw: Technique evaluation & correction; Drills; Breakdown of phases
- Mid-distance/Distance events: Form drills; Strength; Race strategy; Training/racing mentality

To register: <https://goo.gl/forms/eIAfr40rXv4RAyAG3>

Clinics taught and supervised by the Adelphi Track and Field coaching staff & athletes

Make checks payable to “**Adelphi University**”

Adelphi Track & Field T-shirts (\$20) & bumper stickers (\$5) for sale.

Questions? Please contact Angela Mongitore—amongitore@adelphi.edu

