

2019-20 ADELPHI UNIVERSITY TRACK AND FIELD CLINICS



We are excited to offer our Track & Field clinics for the sixth year in a row. Each clinic will focus on individual technique evaluation for your specific event(s) and give you tools and drills to help you correct form to become a more efficient track and field athlete. All ages and abilities are welcome.

SUNDAY, DECEMBER 1 - 9:00 a.m.- 11:00 a.m.

SUNDAY, DECEMBER 15 - 12:00 p.m.- 2:00 p.m.

SUNDAY, JANUARY 5 - 12:00 p.m.- 2:00 p.m.

SUNDAY, FEBRUARY 2 - 12:00 p.m.- 2:00 p.m.

\$30.00 EACH DATE; OR \$100 FOR ALL 4 DATES
(cash or check - please make check payable to Adelphi University)

IN THE ADELPHI UNIVERSITY CENTER FOR RECREATION AND SPORT (CRS)
(Indoor track on the Garden City Campus)

IF YOU REGISTER AND PAY FOR ALL 4 CLINICS AT CLINIC 1, YOU WILL RECEIVE THE DISCOUNTED PRICE, AS WELL AS A FREE ADELPHI TRACK & FIELD T-SHIRT!.

Adelphi track and field gear will be available for sale at each clinic.

QUESTIONS? CONTACT:
AMANDA ASHE | AASHE@ADELPHI.EDU