



PRESEASON TRACK & FIELD CONDITIONING CLINICS

Island Trees High School, Levittown, New York

PURPOSE

Prepare male and female athletes for the upcoming indoor track and field season. We will begin by teaching proper warm up drills, dynamic flexibility and the reasons for doing them correctly.

SESSIONS WILL INCLUDE

- Proper sprinting technique
- Acceleration training
- Plyometrics
- Proper lifting technique
- Circuit training for sprinters, throwers and jumpers

EVENT INSTRUCTIONS INCLUDE

- All throwing events including weight throw
- All field events
- Sprints and hurdles
- Race Walk

We aim to provide top flight instruction and a sense of community among track and field athletes that will help all athletes achieve their goals.

CLINIC INFORMATION

- WHEN:** Eight two hour sessions which are offered each Sunday from September 30th - November 18th
4:00 to 6:00 – Registration starts at 3:00
- WHERE:** Island Trees High School Track
Straight Lane, Levittown NY (*just south of Hempstead TPKE*)
- WHO:** Open to All Track & Field Athletes
- TUITION:** \$30 per session or \$180 for all 8 sessions.
Payments can be made by cash or checks payable to "USATF Long Island"

To register or for more information go to: long-island.usatf.org and click on **USATF Track and Field Clinic**.

FOR MORE INFORMATION

Contact Rich Degnan, USATF Long Island Track and Field Chair
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