

USATF LONG ISLAND

NEW YEAR'S EVE TRACK & FIELD CLINIC

DECEMBER 31, 2019



ST. ANTHONY'S HIGH SCHOOL • WOLF HILL ROAD • HUNTINGTON, NY

Come celebrate the last day of 2019 by taking part in our New Year's Eve Technique Clinic, where we will be focusing on event specific skills for improvement in form and technique. Our instructors will help you "learn by doing" in the following events:

- LONG & TRIPLE JUMP
- SHOT PUT
- WEIGHT THROW
- HIGH JUMP
- POLE VAULT
- HURDLES
- SPRINT MECHANICS - INCLUDES START AND FINISH TECHNIQUE
- RACE WALK

Our staff is made up of USATF Certified Coaches, as well as college and high school coaches who have competed at the highest level of the sport; as well as a support staff comprised of former state champions.

WHEN: Tuesday, December 31st, 1:00pm – 3:00pm
Registration starts at 12:00

WHERE: St. Anthony's High School
275 Wolf Hill Road, Huntington NY

WHO: Open to athletes 14 and older

PRICE: **Pre-registration:** \$35

Day of Clinic: \$50

Payments can be made by cash or checks payable to "USATF Long Island"

Pre-register: email mbundr8029@aol.com

Space is limited, only 20 entrants per event. Register early before the events close out.

FOR MORE INFORMATION

Contact Rich Degnan, USATF Long Island Track & Field Chair

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