2006 FERRIS STATE TRACK & FIELD CLINIC

Date: February 18, 2006
Time: 10:00 a.m. - 4:00 p.m.
The Ferris State Track & Field Clinic is designed to offer a fun, positive, learning experience for athletes of all skill levels and experience. The clinic is designed to teach individuals a variety of training techniques and skills through learn-by-doing instructional settings.

When: Saturday, February 18, 2006

Where: Ewigleben Sports Complex, multipurpose gym, Ferris State University

Cost: Students- $20.00
     Coaches- $25.00
     (Cost includes Clinic Notebook)

Schedule

9:30  Check-In/Registration

10-11:15  Session A: Shot Put
          Session B: Sprints

11:15-12:30  Session A: Discus
             Session B: Hurdles

12:30-1:30  LUNCH (responsible for your own)

1:30-2:45  Session A: Long Jump
           Session B: High Jump

2:45-4:00  Session A: Pole Vault
           Session B: Physical Training Methods

Clinic Speakers

Jeff Kavalunas—FSU Head Men’s and Women's Cross Country/Track & Field Coach

Lisa Rollefstad—FSU Asst. Track & Field Coach specializing in the areas of field events, sprints, and hurdles

2006 Track & Field Clinic Registration Form

Check box and enter number of persons

☐ Student _____  Price $20.00
☐ Coach _____    $25.00

Total: ______

Name

Address

City

State/Zip

Phone

School

Ferris State University Track & Field

FSU Track & Field
210 Sports Drive
Big Rapids MI 49307

If you have any questions please contact:
Jeff Kavalunas: (231) 591-2876