

University at Buffalo

8th Annual 7th – 12th Grade Track & Field Clinic

"Learn by Doing"

Sunday, November 29, 2009

12:00pm – 4:30pm

****CHECK-IN & REGISTRATION WILL BE IN ROOM 97 of ALUMNI
ARENA ****

EVENTS/TOPICS COVERED:

POLE VAULT, HURDLES/SPRINTS, HORIZONTAL JUMPS, THROWS, HIGH JUMP, NUTRITION, GOAL SETTING

NOTE: Come prepared for activity. Wear appropriate track & field clothing and running shoes. Bring competition shoes for your event(s). Bring a water bottle, too!

TIME SCHEDULE:

11:30—12:00pm	Check-in/registration, Room 97
12:00—12:10pm	Introduction, Room 97
12:10 – 1:10pm	Group Warm-up, Main Arena
1:10 – 2:10pm	Session 1
2:20 – 3:20pm	Session 2
3:30pm – 4:30pm	Session 3
4:30pm	Dismissal

REGISTRATION FORM:

Name: _____ Grade: _____ Event: _____

Emergency Contact: _____ Emergency Phone: _____

School: _____ Coach: _____

COST (Checks should be made payable to "UB FOUNDATION")

_____ Individual: \$20

_____ Team (girls & boys separate): \$150

_____ Coach without a team: \$20

Please note: NCAA rules prohibit representative of UB's athletics interests (a booster) who is not naturally or legally responsible for a prospective student-athlete (grades 9-12) from providing any expenses to attend a camp or clinic. Violations of this could result in loss of NCAA eligibility for the prospective student-athlete. If you have questions regarding this or any other NCAA rule, please contact the UB Office of Compliance at (716) 645-3146.