

The SUNY Geneseo Track and Field Clinic
 Schedule of Clinic Sessions

April 10th, 2011 (noon - 4 p.m.)

	12:00-12:25 PM	12:30 PM	12:45 PM	1:00 PM	1:15 PM	1:30 PM	1:45 PM	2:00 PM	2:15 PM	2:30 PM	2:45 PM	3:00 PM	3:15 PM	3:30 PM	3:45-4:00 PM
David Prevosti <i>Jumps</i>	& O v e r v i e w R e g i s t r a t i o n t a t i o n	*Active warmup functional training exercises			*pole vault				*high jump				*long and triple jump		
David Mead <i>Sprints</i>				*additional active warmup & sprint/speed drills				*sprint devices and speed development including block training						*Relays	
Dom Gonzalez <i>Throws</i>			*shot-put			*weight			*discus				*additional college throws		
Mike Woods <i>Distance and Hurdles</i>			Hydration/Nutrition Milage/Shoes				*Hurdle drills for all levels						Active Stretching Drills Rope Stretching - Lee Gabler		

*= learn by doing clinic session- with drills/demonstrations available to willing participants. THOSE ATTENDING THESE SESSIONS NEED NOT PARTICIPATE. coaches will be available for dialogue during his/her free time