

Attention Track & Field Coaches

Modesto Junior College Track and Field presents the 7th annual

2008 Learn-By-Doing Clinic

Saturday, February 9th, 2008

At the Modesto Junior College Track

For high school track & field athletes and athletes in other sports who would like to improve their “speed.” Work side-by-side with the MJC track and field staff and other area coaches in a “hands-on” environment in event areas in track and field. MJC staff and student-athletes will introduce and demonstrate skills/technique in track and field. We are pleased to have with us numerous youth national qualifiers to work with the younger athletes. Some of the areas covered:

Starts---relays---form drills---stretching---high jump---long and triple jump---shot---discus---plyometrics---hurdles---pole vault---distance events

The cost is \$15 per person. The first 100 people at registration will receive a t-shirt. If t-shirts run out, the cost will be \$10!! Lunch and water will be provided. Registration begins at 8:00am in Men’s PE 110 on the MJC campus adjacent to the track. The first presentation begins at 9:15am.

Youth events for ages 6-junior high school (age 13)

For more information, please call MJC Women’s Track and Field Coach, Mary Shea @ 209-575-6219. Or, e-mail questions to Mary at sheam@mjc.edu.

Pole vaulters: Tues., Thurs., prior to the clinic at 2pm, you are welcome to get a jump start on training!

SEE YOU AT MJC!