

SAINT XAVIER TRACK & FIELD

COACHES' CLINIC

What: Rules of field events, drills for field events, drills and expectations for the hurdles, skills for effective relays, implementation of crucial components of a team.

When: Saturday February 25th from 10:00 – 12:00

Check-in: 9:00-10:00 at Brother Wills Sports Activities Center

Fee: \$20 per coach

- Fee includes clinic notes, attendance, and certification of attendance

Where: Saint Xavier High School's sports activities center and track

- We will meet and have an introduction inside and then move to the track to learn fundamental skills and helpful drills for the events, so be sure to dress in keeping with the weather.
- At the conclusion of the day, we will move back inside for the team portion and to receive verification of attendance and the speaker notes.

Events / presenters:

Hurdles (Coach Jeremy Petter)

Shot Put (Coach John Higdon)

High Jump (Coach Stephanie Dierig)

Warm-up drills (Coach Mike Brockman)

Long Jump (Coach Alex Zimmerman)

Creating TEAM (Coach Dave Carter)

Handoffs (Coach Mike Brockman)

To sign up, simply email Coach Mike Brockman at brockmanm@saintxfac.com with your name and grade school, or show up to Saint X the morning of February 25th.

