

## “Train the Laker Way”

### Clinic Goal

The GVSU **All Sports Speed Development Clinic** will improve your training habits and techniques for whatever sport you participate in: track & field, football, soccer, etc. We are here to teach the basic fundamentals of athletics.

### Special Features

#### How to:

- Examples of Sprint drills, Warm Ups, and Cool Downs
- Improve Flexibility and Mobility
- Speed Development
- Practice manual
- Nutrition
- T-Shirt

**December 5, 2009**

**1 pm—4 pm**

Laker Turf Building

Ages: 12—17

Price \$40

(Clinic limited to 40 athletes)



### Directions to Laker Indoor Turf Building:

#### Directions from the south:

From 131 North, take I-196 West to exit 75 Lake MI Drive. Stay on Lake MI Dr. for 15 minutes. GV will be on your left hand side. Turn into campus staying in the right hand lane. Curve around to the right and turn left at the first street. Come to the first stop sign and you will see the Laker Turf on your right hand side. Park in the lot to your left.

#### Directions from the north:

From 131 South, take I-196 West to exit 75 Lake MI Drive. Stay on Lake MI Dr. for 15 minutes. GV will be on your left hand side. Turn into campus staying in the right hand lane. Curve around to the right and turn left at the first street. Come to the first stop sign and you will see the Laker Turf on your right hand side. Park in the lot to your left.

#### Directions from the east:

96 West to I-196 West to exit 75 MI Drive. Stay on Lake MI Dr. for 15 minutes. GV will be on your left hand side. Turn into campus staying in the right hand lane. Curve around to the right and turn left at the first street. Come to the first stop sign and you will see the Laker Turf on your right hand side. Park in the lot to your left.

#### Directions from the west:

I-196 East to exit 55 (Zeeland). Turn left off the exit. Continue following signs to Grand Valley State University. Turn right on Chicago Drive. Turn left on 48th Ave. Continue on 48th for approx. 10 minutes. Turn right into campus (golf course on left hand side). Come to the stop lights and turn left. The indoor facility will be on your left hand side. Park in the lots to your right.

### Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Sex: M / F Age: \_\_\_\_\_

School: \_\_\_\_\_

Parents Name: \_\_\_\_\_

T – Shirt Size: S M L XL

Home Number: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Emergency Number: \_\_\_\_\_

Insurance Company: \_\_\_\_\_

Policy Number: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

#### Medical and Insurance info due by first clinic

Medical forms at:

<http://gvsulakers.collegesports.com/>

Completed form & Checks Payable to Grand Valley Track & Field:

**GVSU Speed Clinic  
1 Campus Dr. FH 99  
Allendale, MI 49401**

## Clinic Staff

Head Coach Jerry Baltes, and Assistant Coaches Steven Jones, Ray Williams, and Cory Young. Along with current and former GVSU student-athletes who will share their knowledge and experience in order to have the athlete reach their full potential in their sport. Our goal is to teach the basic fundamentals of athletics.

### **Contact:**

Coach Ray Williams at [williray@gvsu.edu](mailto:williray@gvsu.edu) or by phone at 616.331.3731.



*Coach Williams,*

*I also congratulate you for teaching track with a "holistic" approach. That is, you teach the importance of properly warming up, as well as actively stretching, paying attention to hydration, and even subjects that kids want so much to ignore.....that terrible word, nutrition!*

*Eric Newell (Coach & Parent)*



Grand Valley All Sports Speed Development Clinic  
1 Campus Dr. FH 99  
Allendale, MI 49401



## **2009 All Sports Speed Development Clinic**



**December 5, 2009**

**1 pm-4 pm**

**Boys and Girls**

**Ages 12-17**

For more information contact:  
Coach Ray Williams (616) 331-3731  
[williray@gvsu.edu](mailto:williray@gvsu.edu)