

“Train the Laker Way”

Clinic Goal

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

Special Features

- Improve Flexibility and Mobility
- Drills, Warm Ups, Cool Downs
- Speed Development
- Strength Training
- Nutrition

November 15, 2008

11 am—1 pm

Laker Turf Building

Ages: 12—17

Price \$35

(Clinic limited to 40 athletes)



Camp Staff

Rafeal “Ray” Williams is entering his fifth year as the Assistance Track & Field Coach at Grand Valley State University. He brings knowledge and expertise of both athletic and coaching experience. While at North Central College, Williams was an NCAA All-American in the hurdles and helped his team win an NCAA Championship. He has had over ten years of successful coaching experience at the collegiate level along with his many accolades as an athlete. Williams is currently the sprints and hurdles coach at Grand Valley State. In his four year at the helm, he has produced several national qualifiers and thirteen NCAA All-Americans.

Current and former GVSU student-athletes will also be sharing their knowledge and experience with the campers in order to have the athlete reach their full potential in your sport. Our goal is to teach the basic fundamentals of Athletics.

Contact:

For additional questions or commits contact Coach Ray Williams at 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)

Speed Clinic 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**