



## **IOWA HAWKEYE HURDLE CLINIC**

SUNDAY, FEBRUARY 21, 2010 (10am-2pm)

SUNDAY, MARCH 7, 2010 (2:30-6:30pm)

- Topics: **100/110m and 300/400m Hurdle Instruction:** Start and Acceleration Mechanics / Proper Hurdle Technique / Hurdle Drills / Hurdle Training / Strength Training / Race Strategy
- **Athlete Participation and Critique by Coaching Staff**

## **IOWA HAWKEYE SPRINT CLINIC**

SUNDAY, FEBRUARY 21, 2010 (2:30-6:30pm)

SUNDAY, MARCH 7, 2010 (10:00am-2pm)

- Topics: **100/200/400m Sprint Instruction:** Start and Acceleration Mechanics / Maximum Speed Mechanics / Sprint Training / Strength Training / Race Strategy
- **Athlete Participation and Critique by Coaching Staff**

**\*\*CLINICS OPEN TO ALL HIGH SCHOOL BOYS AND GIRLS AND COACHES\*\***

### Coaches:

- Joey Woody - Iowa Sprints/Hurdles Coach, World Champion 4 x 400 Relay, World Champs Silver Medalist-400 Hurdles, World-Record 4 x 800 Relay
- Clive Roberts - Iowa Women's Sprints/Hurdles Coach, Canadian National Junior Champion-110 Hurdles, Coached All-American 60 hurdler in 2009
- John Raffensperger - Iowa Volunteer Coach, Former Iowa City High Boys Track Coach, Coached 10 Iowa 4A Team State Titles including standouts Tim Dwight and Joey Woody

LOCATION: Iowa REC Building (Indoor Track Complex)

Contact Joey Woody with any questions: [joey-woody@uiowa.edu](mailto:joey-woody@uiowa.edu) or 319-335-9421

[WWW.HAWKEYESPORTS.COM](http://WWW.HAWKEYESPORTS.COM) for more details

## Registration Form (print clearly)

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

Coach or Athlete: \_\_\_\_\_

Athlete Year in School: \_\_\_\_\_

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

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

Phone Number: \_\_\_\_\_

Circle Clinic(s) you will attend: Sprints: 2/21 3/7 Hurdles: 2/21 3/7

Cost: 1 Clinic - \$65 (includes T-Shirt) 2 Clinics - \$120 (Includes 2 T-shirts)

Shirt Size (Circle) - XL L M S

Group Rate: 4 or more mailed together: subtract \$10 per person (postmarked 1 week prior to the clinic date) // Coaches are Free with 4+ Athletes

Mail Checks and registration to: Iowa Sprints/Hurdles Clinics  
227 CHA—Iowa Track and Field  
Iowa City, Iowa 52242

**Illinois coaches: eight athletes maximum per school: we host four separate hour long clinics to comply with IHSA rules**

Costs for the treatment of injuries and hospitalization for illness or injuries incurred during the Sports Camps will be the responsibility of the parent or guardian of the participant.

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