



# ***IOWA HAWKEYE ELITE HORIZONTAL JUMPS CLINIC***

SUNDAY, FEBRUARY 19, 2012 (2:30-6:30PM) Clinic #1

SUNDAY, MARCH 4, 2012 (10:00AM-2PM) Clinic #2

## **Topics to be covered:**

- Approach Development, Penultimate development and Landing mechanics
- Acceleration mechanics and Maximum Speed Mechanics
- Strength and Power Training Instruction and Participation

**\*\*CLINIC OPEN TO ALL HIGH SCHOOL BOYS/ GIRLS AND COACHES\*\***

**\*\*\*LIMITED TO THE FIRST 30 BOYS AND GIRLS TO REGISTER\*\*\***

## **STAFF:**

- **Clive Roberts**- University of Iowa Women's Sprint/Hurdles and Men/Women Horizontal Jumps Coach

USATF Level II Certified-Throws/Sprints/Hurdles/Jumps/Relays Coach

Coached Renee White 2009 Big Ten Record holder and Champion in the Triple Jump

Coached Troy Doris 2011 Big Ten Indoor & Outdoor Champion in the Triple Jump

Coached Jeff Herron 2010 Big Ten Runner –up in the Long Jump

Coached 20 National Qualifiers in last 2 years

LOCATION: 930 Stadium Drive Iowa City, IA 52242 Iowa REC Building (Indoor Track and Field Complex) by the FB Bubble

Contact Clive Roberts with any questions: [clive-roberts@uiowa.edu](mailto:clive-roberts@uiowa.edu) or 319-530-7583

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



# ***IOWA HAWKEYE ELITE HORIZONTAL JUMPS CLINIC***

## **Registration Form (print clearly)**

Name:

Coach or Athlete: Please Circle one

Athlete Year in School:      Fr      SO      JR      SR      (Please Circle One)

School:

Email address:

Phone Number:

Circle Clinic(s) you will attend:      Clinic 1      2/20      Clinic 2      3/6

Cost: 1 Clinic - \$75 (Includes T-Shirt) 2 Clinics- \$130 (Includes 2 T-shirts) –BEST DEAL!

Shirt Size (Circle)-      XL      L      M      S

**Group Rate:** 4 or more together: subtract \$10 per person // Coaches are Free with 4 or more Athletes

**Registration at the door is available—** Cost: 1 Clinic—\$85 2 Clinics— \$140

Refunds only at the discretion Clinic Director Clive Roberts. The clinic will plan to go on even if Inclement Weather occurs. Updates on cancelations or makeup dates will be available online.

**NEW THIS YEAR: Register and Pay online @ [www.lowatrackandfieldcamps.com](http://www.lowatrackandfieldcamps.com)**

OR

Mail Registration and checks to: Iowa Horizontal Jumps Clinic  
S363 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. The University of Iowa prohibits discrimination in employment and in its educational programs and activities on the basis of race, national origin, color, creed, religion, sex, age, disability, veteran status, sexual orientation, gender identity, or associational preference. The University also affirms its commitment to providing equal opportunities and equal access to University facilities. For additional information on nondiscrimination policies, contact the Coordinator of Title IX, Section 504, and the ADA in the Office of Affirmative Action, 319/335-0705 (voice) or 319/335-0697 (text). The University of Iowa, 202 Jessup Hall, Iowa City, Iowa 52242-1316. Individuals with disabilities are encouraged to attend all University of Iowa sponsored events. If you are a person with a disability who requires an accommodation in order to participate in this program, please contact the sponsoring department or contact person in advance at 319/335-9743. 1303/1-00