

**PRE-REGISTRATION DEADLINE**

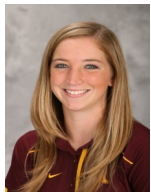
**THURSDAY,  
MARCH 22, 2012**

**Registration is available  
the day of the clinic  
but pre-registration  
is preferred**

**A CERTIFIED ATHLETIC TRAINER  
WILL BE ON DUTY THROUGHOUT THE  
CLINIC AND A DOCTOR WILL BE ON CALL.**

**RETURN REGISTRATION FORM TO:**

Sarah Hesser, Asst. Wmn's Cross Country Coach  
University of Minnesota  
Bierman Field Athletic Building - 290A  
516 - 15th Ave. SE  
Minneapolis, MN 55455



Sarah Hesser  
Clinic Director  
Asst. CC Coach  
612-624-2576 office



Matt Bingle  
Asst. Clinic Director  
Head Track & Field Coach  
612-624-9065 office  
612-508-1396 cell



Gary Wilson  
Asst. Clinic Director  
Head CC Coach  
612-624-2058 office  
612-518-7575 cell



Lynne Anderson  
Assistant Track Coach  
612-624-9532 office  
612-201-1760 cell

SPONSORED BY:  
University of Minnesota Women's Track & Field  
Inside Track Booster Club

The University of Minnesota

Intercollegiate Athletics  
516 - 15 Ave. SE  
Minneapolis, MN 55455

FOR MORE INFO, VISIT OUR WEBSITE  
[mehersports.com](http://mehersports.com)



**BRING YOUR  
WHOLE TEAM!!!**

**27th Annual  
ONE DAY CO-ED  
TRACK & FIELD  
CLINIC**



**SATURDAY  
MARCH 24, 2012  
9:30 am - 3:00 pm**

University of Minnesota Fieldhouse  
1900 University Av SE  
Minneapolis, MN 55455

SPONSORED BY THE UNIVERSITY OF MINNESOTA  
WOMEN'S TRACK & FIELD BOOSTER CLUB

**WHAT:** Minnesota Co-ed Track and Field Development Clinic

**WHERE:** University of Minnesota Fieldhouse  
1900 University Ave. SE, Mpls, MN  
Enter at the northwest corner of the fieldhouse on University Avenue

Directions may be found at our web site—  
[www.gophersports.com](http://www.gophersports.com)

**WHO:** ALL students, 7th - 12th grade

**WHEN:** Saturday, March 24, 2012  
9:30 a.m. - 3:00 p.m.

**COST:** \$25.00

**NOTES:** \*Bring your own vaulting poles and indoor shots

\*Lunch will **NOT** be provided! Participants will have the option of walking to a local sandwich shop (typical meal price \$8) or bringing their own lunch from home.

#### WHAT THE CLINIC INCLUDES:

- five hours of instruction in one event of your choice or two separate events in sessions of 3 hours each
- Half hour lecture on sports nutrition by Olympian and Gopher Nutritionist Rasa Troup
- videotape analysis
- excellent coach/student ratio — 5 coaches per group
- certified athletic trainer on duty throughout the clinic
- physician on call throughout the clinic
- University of Minnesota coaching staff will be on hand to offer outstanding instruction.

#### PARKING:

Washington Ave ramp or 4th Street ramp  
find maps and parking information at  
<http://onestop.umn.edu/Maps/FieldHse/index.html> or  
<http://onestop.umn.edu/Maps/CookeH/index.html>



## HIGH SCHOOL RULES AND SANCTIONS

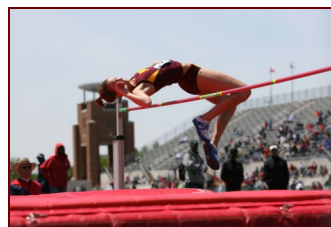
Coaches and athletes should be aware of the specific high school rules that may pertain to clinics. Please contact your State Athletic Association for specific sanctions.

## COACHES ARE WELCOME

Minnesota and Wisconsin High School Coaches are allowed to bring their athletes to this clinic if the team is in season. We encourage coaches to attend along with their athletes. The cost for coaches is the same as for athletes (\$20.00.) Coaches will be allowed to go from event to event during the day or to stay at one event all day.

Coaches may bring video camera equipment.

Coaches bringing 10 or more athletes can attend the clinic for free.



## IMPORTANT - PLEASE READ BEFORE ENROLLING IN THE CLINIC

**NCAA RULES REGARDING DEVELOPMENTAL CLINICS**  
This clinic will be conducted as a **developmental clinic**. NCAA rules state that developmental clinics involving prospects shall not be considered tryouts provided:

1. they are designed to develop fundamental skills in a sport (rather than to refine the abilities of already skilled participants in the sport;)
2. they are open to the general public except for restriction on age and number of participants;
3. they are conducted by and subject to the control of the host member institution;
4. they are conducted primarily for educational purposes and do not include material benefits for the participants (e.g. awards, prizes, merchandise gifts;)
5. clinic participants do not receive a recruiting presentation;
6. clinic participants reside in the state in which the host institution is located OR within 100 miles of the host institution (if not from Minnesota.)

#### RETURN REGISTRATION FORM TO

SARAH HESSER, ASST. CROSS COUNTRY COACH  
UNIVERSITY OF MINNESOTA  
BIERMAN FIELD ATHLETIC BUILDING, 290A  
516 15TH AV SE  
MINNEAPOLIS MN 55455

## CLINIC REGISTRATION

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

HIGH SCHOOL \_\_\_\_\_

I AM (CIRCLE ONE) AN ATHLETE A COACH

ATHLETES, PLEASE CHECK THE EVENTS YOU WANT TO PARTICIPATE IN

- Sprints/Relay  High Jump  Pole Vault  
 Distance  Long Jump  Shot Put  
 Hurdles  Triple Jump  Discus

PLEASE LIST ANY OTHER EVENT(S) YOU WOULD LIKE TO WORK ON

- I have enclosed \$25.00 for the one day track clinic

MAKE CHECKS PAYABLE TO: **Inside Track Booster Club**

PRE-REGISTRATION  
DEADLINE IS THURSDAY,  
MARCH 22, 2012

REGISTRATION IS AVAILABLE  
THE DAY OF THE CLINIC  
BUT PRE-REGISTRATION  
IS PREFERRED

**Athletes: Your parent or guardian must read and sign this form.**

*I give permission for my daughter/son to be treated for any injury that may be sustained during the Minnesota Coed Fundamental Skills Track and Field Clinic. I understand that any medical expenses are my responsibility as parent/guardian.*

PLEASE PRINT PARENT/GUARDIAN'S NAME \_\_\_\_\_

PARENT/GUARDIAN'S SIGNATURE \_\_\_\_\_

*this form may be duplicated as needed*

FOR FURTHER INFORMATION SEE  
[www.gophersports.com](http://www.gophersports.com)