

REGISTRATION FORM BUENA VISTA UNIVERSITY TRACK & FIELD CLINIC

Name _____ Grade _____ E-mail _____

Address _____ City _____ State _____ Zip _____

School _____

Coach _____

Shirt size: S M L XL

Please circle the clinic and dates you will attend:

Sprint Hurdles	Throws	Jumps	Distance
Feb. 19	Feb. 19	Feb. 19	March 4
March 4		March 4	

Cost: 1 Clinic = \$20 2 Clinics = \$40 3 Clinics = \$50

Please detach and mail check and registration form (postmarked at least one week prior to clinic date) to:

Track & Field • Buena Vista University • 610 W. Fourth Street • Storm Lake, IA 50588

Athletes may register on the day of the event but are not guaranteed a shirt or desired shirt size.



Track & Field

Buena Vista University
610 W. Fourth Street
Storm Lake, IA 50588

BUENA VISTA UNIVERSITY

TRACK & FIELD CLINICS



For high school athletes who want to improve their skills in sprinting, hurdles, throwing, jumps, and distance running.

Feb. 19 • March 4

BUENA VISTA UNIVERSITY

2012 Track & Field Clinics

Sprint & Hurdle Clinic

Sunday, Feb. 19 • 1-3:30 p.m.
Sunday, March 4 • 1-3:30 p.m.

Topics: 100/110m and 400 hurdle instruction, sprint mechanics & drills

Throws Clinic

Sunday, Feb. 19 • 1-3:30 p.m.

Topics: Shot put training (glide and spin), discus training and strength training

Jumps Clinic

Sunday, Feb. 19 • 1-3:30 p.m.
Sunday, March 4 • 1-3:30 p.m.

Topics: Long jump and high jump training

Distance Running Clinic

Sunday, March 4 • 1-3:30 p.m.

Topics: Middle distance to distance events (800m-3200m) training

COST

- 1 Clinic = \$20 (includes shirt)
- 2 Clinics = \$40 (includes 2 shirts)
- 3 Clinics = \$50 (includes 3 shirts)

Group rate: Mail five or more forms together for a \$5 discount per participant. Coaches attend free with five or more athletes.

EQUIPMENT

Athletes should bring proper track and field event-specific shoes and running attire. All personal equipment should be labeled with the owners name as BVU is not responsible for lost or stolen items.

SPRINT AND HURDLE CLINIC

Learn sprinting and hurdling drills that will improve sprint mechanics and hurdle mechanics. Jim Nichols, well known across Iowa as a top sprint and hurdle coach, will lead this clinic.

THROWS CLINIC

Steven Ricke, assistant coach at BVU, and Brad Travis, head coach at Spirit Lake High School, will lead this clinic designed to help throwers improve their distance in the shot put and discus events. Travis competed for University of Northern Iowa where he was a Gateway Conference performer in the discus, weight throw and hammer events.

JUMPS CLINIC

Learn the basic fundamentals of the long jump and high jump. Athletes will practice appropriate jumping drills to improve mechanics at take off, during the flight of the jump, and landing. Clinic leader Andrea Masters holds the South Dakota State University indoor high jump record at 5'9.25".

DISTANCE RUNNING CLINIC

This clinic is designed for high school athletes who run 800 to 3,200 meter races. Athletes will learn training techniques, strategies and drills to enhance mid-distance to distance performances. Head Coach Jeff Brennan will lead this clinic. He holds BVU records in the 800 meter and 1,500 meter indoor and outdoor races.

FACILITY

All clinics will be held in Buena Vista University's Lamberti Recreation Center. The 54,000-square-foot facility includes the six-lane, 200-meter Dennis Young Indoor Track.

BVU TRACK & FIELD RECENT HIGHLIGHTS

Amber Riedy – 2011 Indoor and Outdoor Iowa Conference Champion in pole vault; holds school record at 10'10".

Andrew Smith – 2011 Iowa Conference Champion in 400 meter hurdles with time of 54.15 seconds.

Eric Bertelsen – Five-time All-American, earning indoor and outdoor national titles in 2009 in the long jump; 14-time Iowa Conference Champion and set the indoor conference record in the long jump in 2009 at 25'2.75".

Shawn Olorundami – Three-time All-American in 110 meter and 55 meter high hurdles; five-time Iowa Conference Champion, ran 110 high hurdles in 14.5 seconds in 2009.

Natalie Olorundami – Two-time Iowa Conference Champion, highlighted by her 17'9.75" long jump in 2009.

Missy Reinhart – Iowa Conference Champion in 400 m hurdles with time of 63.29 seconds.

TRACK & FIELD COACHING STAFF

Jeff Brennan

Head coach, running events

Andrea Masters

Assistant coach, field events

Jim Nichols

Assistant coach, sprints and hurdles

Steven Ricke

Assistant coach, throwing events

Dr. Lisa Shepherd

Assistant coach, throwing events

Keith Schmidt

Assistant coach, pole vault and sprints