

LOGAN PEAK PERFORMANCE TRACK CLINIC

HOSTED BY UTAH STATE UNIVERSITY



WHEN: January 3-4th, 2020

WHO: Ages 13-18 (open to any and all entrants)

WHERE: Utah State University

COST: \$50 for JUST Friday the 3rd, \$70 for JUST Saturday the 4th, \$100 for BOTH days

FRIDAY JANUARY 3RD

Session 1: 5-8pm

Throws: Javelin technique

Jumps: Long Jump & Pole Vault

Sprints: Warmup, technique, and acceleration

Distance: Racing Strategies & Sports Psychology

SATURDAY JANUARY 4TH

Session 1: 9am-12pm

Throws: Shot put

Jumps: High Jump & General strength/bounding

Sprints: Technique & Hurdles

Distance: Run, Core Strength & Recovery

LUNCH PROVIDED: 12-1PM

Session 2: 1-3pm

Throws: Discus

Jumps: Triple Jump & Pole Vaulting

Sprints: Relays

Distance: Training Philosophy & Nutrition

PRICE INCLUDES COST OF ATTENDANCE, T-SHIRT, DINNER ON FRIDAY AND LUNCH ON SATURDAY