



## ITCCCA's 6<sup>th</sup> Annual Jr. High 'Learn-by-Doing' Track and Field Clinic

**Who Should Attend:** All Middle School/Jr. High Coaches and Athletes

**When:** Sunday March 20<sup>th</sup> 2011 from 12:30-4:00

**Where:** Wheaton North High School  
701 W. Thomas  
Wheaton, IL (enter door #7 of west side of building)

**Cost:** \$20/person OR \$15/person if there are five or more from the same school.  
(Cost includes a Clinic T-shirt, snacks, and drinks). **Pay at the door.**  
Make checks out to ITCCCA

**Registration:** Please e-mail Don Helberg at [dhelberg@cusd200.org](mailto:dhelberg@cusd200.org)  
Registration needed for participant # purposes. (**Pay at the door**)

**This is open to Jr. High/Middle School Coaches and Athletes. This is also ideal for the beginning High School coach!**

Clinic Agenda:	12:30-1:00	Check In and General Warm-Up
	1:00-1:45	Sprints / Shot Put / Long Jump/ High Jump
	2:00-2:45	Hurdles / High Jump / Discus/ Long Jump
	3:00-3:45	Hurdles/ Relays / Long Jump / High Jump/Turbo Jav
	3:45-4:00	Cool Down and Closing Comments

\* We will also have a discussion with Distance Coaches about training each session!

Directions:

**From the South:** I-55 to I-355 North. Exit at North Ave.(west/left) to Gary Ave (turn left). High School will be on your left.

**From the North:** I-90 to I-355 South. Exit at North Ave and follow same directions as above.

**From the West:** I-88 East, and exit Winfield Road. Take Winfield (north/left) to Geneva Rd (right) to Morse St. (right(1 light past Gary)) and school is straight ahead.