



ITCCCA's 5th Annual Jr. High 'Learn-by-Doing' Track and Field Clinic

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

When: Sunday March 14th 2010 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
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
	3:45-4:00	Cool Down and Closing Comments

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.