



BEMIDJI STATE BEAVERS

TRACK & FIELD CLINIC **SCHEDULE OF EVENTS & REGISTRATION FORM**

Dear Coaches & Athletes:

We would like to invite you to the **BSU Track and Field Clinic**. Bemidji State's coaches and athletes will share their expertise with you during this "learn by doing" clinic.

Saturday, March 23, 2019 @ 12:00 PM

Registration for coaches & athletes begins in the foyer of the BSU Rec Center.

Registration fees: \$30.00 per athlete, t-shirts may be available for purchase

Coach admission is free, but can purchase t-shirt (\$15) and clinic notes (\$5)

12:45p.m. Opening Greeting- Head Coach Kevin Kean

1:00p.m. Warm Up – Coach Joe Ferraro of SPEADS Performance

1:30 PM

Pole Vault: Michael Hougen

Glide Shot Put: Assistant Coach Ben Baird

Sprint Start: Assistant Coach Derrick Young

High Jump: Head Coach Kevin Kean

Mid-Distance and Distance: Assistant Coach Mike Lynch

2:30 PM

Pole Vault Continued

Rotation Shot Put/Discus: Ben Baird

Hurdles: Derrick Young

Long/Triple Jump: Kevin Kean

Mid-Distance Training: Mike Lynch

3:30 PM

Jumping/Throwing Events: Individual Practice opportunities with Clinic Coaches

Clinic Registration

Name _____ Coach _____ Grade _____

Address _____ T-Shirt Size _____

Phone Number _____ School _____ Events _____

Release: In consideration of the acceptance of my registration, I do hereby release any and all sponsors, directors, and volunteers of this event, Track and Field Clinic 2019 and their representatives, from any and all liability from injury I may suffer as a result from my participation in this event. I attest and verify that I am physically fit and properly trained for the completion of this event. I also understand fees are non-refundable.

Signature _____ Date _____

Enclosed is a check payable to Bemidji State University T&F for \$30 per athlete; forward this form and check to: BSU T&F send to Box #5 BSU, 1500 Birchmont Dr. Bemidji, MN 56601.