



WHITWORTH UNIVERSITY Track and Field Day Camp Coaches Clinic

Date: July 19th—July 22nd, 2010

Time: Athlete Camp—9AM—Noon

Classroom Session—12:30PM—2:30PM

Cost: \$90 (All Sessions) or \$35(Per Day)

Up to 6 WIAA Clock Hours Provided

This Coaches Clinic is designed to allow track and field coaches of all levels with the opportunity for hands on experience and the opportunity to observe the Whitworth coaching staff work with athletes during the Athlete Camp. The Classroom Session will provide coaches with the knowledge base behind what is being taught during the Athlete Camp, with a chance to ask more in depth questions.

To register or if you have any questions, please contact Travis Howell at (509) 777-3455 or thowell@whitworth.edu.

PLEASE PASS THIS INFO ON TO ANY COACH YOU FEEL MAY BE INTERESTED.

CONTACT INFORMATION:

Travis Howell
Head Assistant Track & Field Coach
thowell@whitworth.edu
(509) 777-3455

Mailing Address:
Travis Howell / Track & Field
Whitworth University
300 W. Hawthorne Road
Spokane, WA 99251





WHITWORTH UNIVERSITY

Track and Field Day Camp

Coaches Clinic

Athlete Camp and Coaching Clinic

1. Camp is designed for athletes ages 12 and up.
2. Coaching Clinic with practical application and hands on instruction for coaches.
 - Work directly with the Whitworth Coaching Staff as they coach their events.
3. Daily Sessions Include
 - Athlete Camp: 9AM TO NOON
 - X. Coaches have opportunity to work with Whitworth coaching staff in choice of three event group areas.
 - Throws
 - Distance Races
 - Sprints and Jumps
 - X. Receive hands on experience & instruction during the athlete camp.
 - Classroom Session: 12:30PM TO 2:30PM
 - X. WIAA Clock Hours
 - X. Provides opportunity to learn and ask questions about what is being taught in athlete camp.
 - X. Daily Sessions Include:
 - Monday—Distance Races - presented by head coach Toby Schwarz
 - Tuesday—Throws - presented by head throws coach Gary Baskett
 - Wednesday—Sprints&Jumps - presented by Toby Schwarz and Travis Howell
4. Opportunity to bring your athletes to a camp and improve their skills & knowledge.

For more information on the coaches please read their bio's at our track & field webpage located at:
<http://www.whitworth.edu/Athletics/Teams/Track/Coaches.htm>

IF YOU ARE AT ALL INTERESTED PLEASE CONTACT

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