



IOWA HAWKEYE HURDLE CLINIC

SUNDAY, FEBRUARY 21, 2010 (10am-2pm)

SUNDAY, MARCH 7, 2010 (2:30-6:30pm)

Topics: **100/110m and 300/400m Hurdle Instruction:** Start and Acceleration Mechanics / Proper Hurdle Technique / Hurdle Drills / Hurdle Training / Strength Training / Race Strategy

Athlete Participation and Critique by Coaching Staff



IOWA HAWKEYE SPRINT CLINIC

SUNDAY, FEBRUARY 21, 2010 (10am-2pm)

SUNDAY, MARCH 7, 2010 (2:30-6:30pm)

Topics: **100/200/400m Sprint Instruction:** Start and Acceleration Mechanics / Maximum Speed Mechanics / Sprint Training / Strength Training / Race Strategy

Athlete Participation and Critique by Coaching Staff

****CLINICS OPEN TO ALL HIGH SCHOOL BOYS AND GIRLS AND COACHES****

Coaches:

Joey Woody – Iowa Sprints/Hurdles Coach, World Champion 4 x 400 Relay, World Champs Silver Medalist-400 Hurdles, World-Record 4 x 800 Relay
Clive Roberts – Iowa Women’s Sprints/Hurdles Coach, Canadian National Junior Champion-110 Hurdles, Coached All-American 60 hurdler in 2009
John Raffensperger – Iowa Volunteer Coach, Former Iowa City High Boys Track Coach, Coached 10 Iowa 4A Team State Titles including standouts Tim Dwight and Joey Woody

LOCATION: Iowa REC Building (Indoor Track Complex)

Contact Joey Woody with any questions: joey-woody@uiowa.edu or 319-335-9421

WWW.HAWKEYESPORTS.COM for more details