

# TORONTO TRACK

## UNIVERSITY OF TORONTO TRACK CLUB

### HIGH SCHOOL TRACK AND FIELD CLINIC

The University of Toronto Track Club will be hosting a 3-week Track and Field Clinic for both athletes and coaches. The 3-week clinic will begin with 2 event specific training sessions and conclude with a mini meet.

#### DATE & TIME:

**Tuesday April 26 & May 3 3:30 p.m.–5 p.m.**

- April 26, 2022: Sprints, Hurdles, Middle-distance
- May 3, 2022: Long jump, Triple Jump, High Jump, Shot Put

**Tuesday, May 10: UTTC Mini Meet 3 p.m.**

- Events: Long Jump, High Jump, Triple Jump, Shot Put, 100m, 400m, 1500m

#### 3 p.m. Start - Rolling Schedule:

Field Events	Track Events
<ul style="list-style-type: none"><li>• Men's Long Jump</li><li>• Women's Long Jump</li><li>• Women's High Jump</li><li>• Men's High Jump</li></ul>	<ul style="list-style-type: none"><li>• Men's Triple Jump</li><li>• Women's Triple Jump</li><li>• Men's Shot Put</li><li>• Women's Shot Put</li></ul>
	<ul style="list-style-type: none"><li>• Women's 100m</li><li>• Men's 100m</li><li>• Women's 1500m</li><li>• Men's 1500m</li><li>• Women's 400m</li><li>• Men's 400m</li></ul>

#### CLINIC DETAILS:

**Coaches:** During this clinic coaches will receive information on coaching cues, guidance and mentorship from experienced elite coaches, and have the opportunity to coach at meet. All Coaches will also receive a training workbook that will include:

- Warm-up
- 2-week training program for sprints, jumps and distance events
- Supplemental training circuits

**Student-Athletes:** Student-Athletes will be provided with the skills and support they need to succeed by learning how to do a full warmup, develop event specific technical skills and prepare for competition.

**Fee:** \$200 per school for full 3-week clinic

**Register online at:** [UTTC HS Track and Field Clinic](#) (Registration deadline: April 19, 2022 at 12 a.m.)

For additional information please contact: Colleen Dotson at [colleen.dotson@utoronto.ca](mailto:colleen.dotson@utoronto.ca)