

# UTTC HIGH SCHOOL TRACK & FIELD CLINIC

Thursday  
May 4, 2023  
3:30-6:00



THE UNIVERSITY OF TORONTO TRACK CLUB WILL BE HOSTING A 1-DAY TRACK AND FIELD CLINIC FOR BOTH ATHLETES AND COACHES.

**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 will 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.



Outline for session

Intro

Warm-up

Event Sessions:

Long Jump, Triple Jump, High Jump, Hurdles, Sprints, Sprint relays

Cooldown

Relay Session hosted by Gavin Smellie

2 x Olympian, 2017 World Relay Champion, 2013 World Championship Medalist, and one of Team Canada's top sprinters from the last decade

Fee: \$110 per school

Register: 2023 UTTC HS Track and Field Clinic

Deadline: Monday May 1st @ midnight

For additional information please contact

Colleen Dotson: [colleen.dotson@utoronto.ca](mailto:colleen.dotson@utoronto.ca)

[colleen.dotson@utoronto.ca](mailto:colleen.dotson@utoronto.ca)

Varsity Stadium, 299 Bloor St W

Toronto, ON M5S 1W2

[uttc.ca](http://uttc.ca)

**TORONTO TRACK**  
UNIVERSITY OF TORONTO TRACK CLUB