

## UNIVERSITY OF MAINE TRACK AND FIELD WINTER CLINIC SERIES 2012 ;

- Sunday Feb 5 @ 2:30pm – 5:00pm
- Tuesday Feb.7 @ 7:30pm – 9pm
- Tuesday Feb 14 @ 7:30pm – 9pm
  
- **FIELD EVENTS** : The Throws, The Jumps, The Pole Vault.
- **FEE**: \$5.00 per participant, per session attended.
- “Release and Assumption of Risk” form; must be completed and signed and turned in at the first clinic attended by each participant, and parents sign if under age 18; it will be online at the sub 5 web site. And on the [goblackbears.com](http://goblackbears.com) track and field web site.
  
- Hosted by our U Maine coaching staff, including Olympian Vika Rybalko,
- For **FIELD EVENTS**: shot put, long jump, triple jump, high jump, pole vault
- for high school and middle school student-athletes.
- **COME AND JOIN WITH US FOR A FUN LEARNING SESSION** in preparation for the PVC championships and States, Coaches are especially welcome.
- **BE DRESSED IN YOUR WORKOUT CLOTHES AND SHOES; BRING POLES,**
- And bring **SHOTS**, we do have some 4k and 12 lb shots.

**AIM:** to improve technique in your field event, to polish your skills, to learn new technique, and events, to get in more practice time: **Coaches, parents, are allowed on the floor with the U Maine Staff** and are allowed to share ideas and help out.

**These clinics are developmental and meet all NCAA rules and regulations.**

**“On behalf of our staff, we thank you for attending our developmental field event clinics.”**

**Mark Lech:** Head Track and Field Coach; **Vika Rybalko Olympian** and Assistant Track and Field Coach; **Sergei Blonsky Olympic coach** and volunteer Assistant Track and Field Coach; **Gerhard Skall,** Assistant Track and Field Coach; **Tom Brann,** volunteer .

**Rolland Ranson, Director of The Clinic Series,** [Rolland.ranson@umit.maine.edu](mailto:Rolland.ranson@umit.maine.edu) or phone 207-581-1077 Contact me with any questions or concerns. Thanks.