



## University of Iowa

# 2023 SPRING TRACK & FIELD CLINICS

Sunday, March 5

Any and all high school athletes are invited to join the Iowa Track & Field Coaching staff for a variety of Track & Field clinics on Sunday, March 5!

### 10:00 am–12:00pm

Shot Put

Discus

### 10:00 am–1:00pm

Long Sprints/Mid-Distance

Horizontal Jumps

Hurdles

### 1:30 pm–4:30 pm

High Jump

Sprints

### Clinic Coaching Staff

- Joey Woody (Director of Track & Field, Hurdles, Sprints)
- Jason Wakenight (Long Sprints/Mid-D)
- Ray Robinson (Throws)
- Chyna Davis (Hurdles, Sprints)
- Hadrien Choukroun (Jumps)
- Cody Roberts (S&C)
- Chase Madison (S&C)
- Nik Curtiss (Throws)

### Clinic Notes

- Clinics will be held at the University of Iowa Indoor Track Facility at 930 Evashevski Dr in Iowa City.
- Registration fees are \$150
- Clinics include specific warm-up and cooldowns, technical instruction for each event, and coaching from our Track & Field clinic staff throughout the session
- Each attendee will receive a T-shirt



### REGISTER HERE:

[camps.athletics.uiowa.edu/track-field](https://camps.athletics.uiowa.edu/track-field)

For more information, contact Rachel Leonard

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