



# 34<sup>th</sup> ANNUAL SODAK TRACK & FIELD CLINIC

Location: National Guard Armory 2 Blocks North of the Airport Port on Minnesota Ave. Sioux Falls SD

## Schedule

### FRIDAY Feb. 26, 2010

4:00 - 5:00	Registration	Jerry P. Miller	SoDak	Sioux Falls
4:30 - 5:00	College Credit Meeting # 1	Jerry P. Miller	SoDak	Sioux Falls
5:00 - 6:00	Pole Vault	Gene Brooks	USF	Sioux Falls
6:15 - 7:15	Coaching the Sprints & Drills	Dave Dolan	RC Central	Rapid City
7:30 - 8:30	Long Jump	Tom Green	Sioux City	Iowa
8:45 - 9:45	Building A Successful Track & Field Program	Dave Dolan	RC Central	Rapid City
10:00 - 12:00	Questions & Answers with Exhibitors, Clinicians & State Champions & <b>Social</b>	Jerry P. Miller	SoDak	Sioux Falls

### SATURDAY Feb. 27, 2010

7:30 - 7:45	Registration	Jerry P. Miller	SoDak	Sioux Falls
7:30 - 8:00	College Credit Meeting # 2	Jerry P. Miller	SoDak	Sioux Falls
7:45 - 8:45	Shot Put	Mark Harsha	Portage HS	Indiana
9:00 - 10:00	Coaching & Track Training for Females	Tom Green	Sioux City	Iowa
10:15 - 11:15	Triple Jump	Lyle Claussen	Bartling Shoes	Brookings
11:30 - 12:30	<b>FCA Luncheon FREE</b>	Brian Hansen	FCA	Sioux Falls
12:45 - 1:45	Relays & Sprint Training	Gene Brooks	USF	Sioux Falls
2:00 - 2:45	High Jump	Lyle Claussen	Bartling Shoes	Brookings
3:00 - 3:45	Discus	Mark Harsha	Portage HS	Indiana
4:00 - 4:45	Advanced Distance Training	Mark Heider	USF	Sioux Falls
5:00 - 5:45	Hurdles	Tom Green	Sioux City	Iowa

CLINIC COST: \$45 IN ADVANCE & \$60 AFTER FEB. 20  
 COLLEGE CREDIT AVAILABLE 1 & 2 GRAD HOURS, \$125 & \$240  
 ROOMS @ Days Inn 5001 N. Cliff SF 605-331-5959

Registration Form:

Name \_\_\_\_\_ School \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Zip Code \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

RETURN TO: SODAK, 2505 S. Kiwanis # 151, Sioux Falls, SD 57105

Make checks payable to SoDak Track Clinic 2010

***National Throws Coaches Association / SODAK  
Shot Put & Discus "Learn By Doing" Clinic  
For High School & Middle School Athletes***

Sunday, February 28, 2010

Location: DWU GYM, Mitchell, South Dakota

1:00 PM – 5:00 PM

Rob Lasorsa, Mark Harsha, Bruce Van Horne, and Tom Green will conduct a Shot & Discus Clinic for High School and Middle School Throwers

Dress in athletic wear (Implements will be provided)

**Pre Registration Cost (Prior to 2/24): \$100 per school or \$20 per individual  
"At The Door" Registration: \$125 per school or \$30 per individual**

12:00 PM – 1:00 PM: Registration

1:00 PM – 3:00 PM: Shot Put for Middle School and High School

3:00 PM – 5:00 PM: Discus for Middle School and High School

Make Checks To: **SODAK SHOT & DISCUS**

Please register athletes by school and approximate numbers (need not be exact)

School \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Contact Person: \_\_\_\_\_ Phone \_\_\_\_\_

Email Address: \_\_\_\_\_

Females \_\_\_\_\_ Males \_\_\_\_\_

RETURN TO:  
SODAK SHOT & DISCUS  
2505 S. KIWANIS, # 151  
SIOUX FALLS SD 57105

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