

## Clinic Schedule

### MARCH 3RD

**9:30-10am**

Registration

**10am**

Dynamic Warm Up

**10:30-11:30**

Session A: Shot Put

Session B: Sprint Mechanics

**11:30-11:45**

SHORT BREAK

**11:45-12:45**

Session A: Discus

Session B: Hurdles

Session C: Block Start Basics

**12:45-1:00**

SHORT BREAK

**1:00-2:00**

Session A: Long Jump

Session B: High Jump

**2:00-3:00**

Open Training

## Driving Directions

### Ewigleben Sports Complex

As your travel South on State Street, you will see the Ewigleben Sports Complex on your right. From here, simply follow the signs to the designated parking area.

**Driving from North** (Cadillac): Take US-131 South to Big Rapids, Exit 139. Turn left and follow Perry Street to the stop light at State Street. Turn right (south).

**Driving from South** (Grand Rapids, Kalamazoo): Take US-131 North to Big Rapids, Exit 139. Turn right and follow Perry Street to the stop light at State Street. Turn right (south).

**Driving from East** (Mt. Pleasant, etc.): Take M-20 West to Big Rapids, turn south (left) on State Street. Follow State Street (Bus. 131) South.

**Driving from West:** Take M-20 East to Stanwood and then US-131 North to Big Rapids, exit 139. Turn right and follow Perry Street to the stop light at State Street. Turn right (south).

Ferris State University  
Track and Field

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Big Rapids MI 49307

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## Track and Field Clinic

Ferris State  
University

### Learn By Doing

- ◆ Sprints
- ◆ Hurdles
- ◆ Jumps
- ◆ Throws



March 3rd

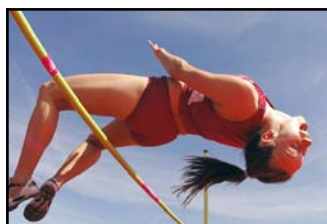
2007

## Learn By Doing Track and Field Clinic

The Ferris State University Track and Field program is proud to offer a unique indoor track and field clinic for 2007. This clinic will be designed to not only tell you how to improve in your events, we will also take the time to show you!



During our clinic, you will have the opportunity to learn how to execute the necessary drills and receive immediate feedback. We will do our best to teach you proper technique and basic event fundamentals. Our training philosophy at Ferris State is built around understanding the values of developing the correct skills and learning to execute them.



**DRILLS - DRILLS - DRILLS**



# Ferris State

### Dynamic Warm-up:

Our active warm-up consists of drills and movements in an organized sequence progressing from slow to fast as well as from basic to complex. This will allow the muscles to prepare for a full range of movements and intensities.

### Sprint Mechanics:

Sprinting is more than simply running fast, it is a complex skill. Our goal during this session will be to teach efficient acceleration techniques as well as full body coordination including arm carriage, hip placement and knee drive.

### Block Starts Basics:

We have developed a straightforward and effective method of teaching explosive starts. By teaching block settings as well as basic start mechanics and necessary coaching cues, we will be able to improve your confidence in the blocks.

### Throws Instruction:

We will offer specialized throwing sections to perform both shot putt and discus throwing drills. Also if there is interest, we will be able to introduce the hammer / weight.

### Jumps Instruction:

A consistent and natural approach rhythm is crucial to your success in all of the jumping events. The main focus of this section will consist of technical approach work. We will also have both High Jump and Long Jump pits available to work on take-off and flight instruction / drills.

### Hurdles Instruction:

In this section, we will seek to establish proper posture and mechanics. After which we will show you how to improve your ability to run strong and fast between the hurdles.

**“EDUCATION IS LIFE.**

It involves growth, development and training”

*Woodbridge N. Ferris.*

## ABOUT THE UNIVERSITY

Here at Ferris State University, we continue to pride ourselves on providing a hands-on, practical education to help prepare our graduates for immediate employment.

Ferris State students have the opportunity to study in over 170 different academic areas and programs. We are able to offer seven different disciplines and colleges based in Big Rapids including: Arts and Sciences, Allied Health Sciences, Business, Education and Human Services, Optometry, Pharmacy, Recreation and Resort, and Technology.

At Ferris you will have access to big-school resources and a wide range of leadership and student activities all in a friendly and relaxed, small-town setting.

## Track and Field Coaching Staff



Jeff Kavalunas  
Head Coach  
Distance Events



Joshua Stryker  
Sprints, Hurdles  
Field Events

**LET FERRIS STATE MAKE A  
DIFFERENCE IN YOUR LIFE!**