

CLINIC INSTRUCTORS



Bill Lawson - 3rd year Head Coach for the Golden Flashes, after serving six years as Assistant Coach at the University of Oregon and 15 years at the University of Northern Iowa. Former 12-time NCAA qualifier & four-time All American in the decathlon, and Northern Iowa Hall

of Fame inductee. Coached over 100 Conference Champions, 30 All American Honors, and two NCAA Champions.

Mark Croghan - 3rd year Coach of Cross Country and Distance runners for the Flashes. Two-time NCAA Champion, U.S. National Champion, and three-time Olympian. Most recently served as Head Track and Field Coach at University School in Cleveland. Croghan was inducted into The Ohio State University Athletic Hall of Fame in 1999.

Nathan Fanger - 8th year as Kent State's Throws Coach, Fanger has coached 18 individual MAC Champions. Fanger was a Two-time NCAA qualifier in the discus who still holds the Kent State record, and was member of the 2000 MAC Champion Golden Flashes.

Christi Smith - In her 2nd year as the Coach of the Golden Flash sprinters, horizontal jumpers, as well as the heptathletes. An NCAA Champion heptathlete and 11-time MAC Conference Champion. Smith previously coached at Ohio University.

Gabriel LeMay - 2nd year Assistant Coach for the Golden Flash decathletes and pole vaulters. LeMay was a PAC-10 Indoor Heptathlon Champion, PAC-10 1st Team All Academic and an NCAA qualifier in the Decathlon.

Angie German - 2nd year Graduate Assistant for Kent State University, working with the long-sprinters. German was a seven-time All-Missouri Valley Conference performer, and a 2-time NCAA Midwest Regional Qualifier while competing for the University of Northern Iowa. She is the school record holder in six University of Northern Iowa long-sprint and middle distance events.



Track Clinic Director
Kent State University
Field House
Kent, OH 44242
 220330

2007 - 2008

KENT STATE WINTER TRACK & FIELD AND SPEED CLINICS



Session #1: Nov. 26, 28, Dec. 3, 5, & 10, 2007
 Session #2: Jan. 7, 9, 14, 16, & 21, 2008

All sessions will be held at the KSU Field House

6:30-8:30 pm

<p>Speed Clinic **For all sports** Open to all ages Offered Session #1 and Session #2</p>
<p>Track & Field Throws Clinic Open to all ages Offered Session #1 and Session #2</p>
<p>Track & Field Pole Vault Clinic Open to all ages Only Offered Session #1</p>
<p>Track & Field Jumps, Middle Distance. Distance Clinic Open to all ages Only Offered Session #2</p>

SPEED CLINIC

The Kent State speed clinics have become some of the most popular around. No matter what your sport, speed development is essential to success. **This clinic is recommended for athletes in all sports.** Learn the systematic methods of proper running techniques, maximum velocity, explosiveness, training programs, and much more from the knowledgeable Kent State coaching staff and athletes.

THROWS CLINIC

We will provide proper technical instruction for the discus and shot put, as well as giving you a first hand look at the hammer and javelin. Lifting, drills, and dietary habits that are essential for all throwers, make this clinic a must for the novice or advanced thrower.

POLE VAULT CLINIC

This clinic will focus on the three most important phases of the vault: approach, plant and takeoff. There also will be a strong emphasis on speed development for pole vaulters. This will help the athletes learn to grip higher and jump on big poles.

JUMPS, MIDDLE DISTANCE, DISTANCE CLINIC

Learn more about the long jump, triple jump and high jump with emphasis on approach mechanics, proper take-off, action in the air, sound technique and a good landing.

The Distance Clinic will teach proper running mechanics, pacing, race strategy and modern training theory. This clinic will benefit all ages.

WHAT TO BRING?

Training shoes, event specific shoes (1/4" pyramid spikes allowed), throwing implements, etc. Please call (330) 672-3991 if you have any questions on what to bring.

LOCATION

All sessions will be located at the Kent State Field House. For directions visit WWW.KENTSTATESPORTS.COM click on "Athletic Department" then "Directions to Kent State." If you have questions call the Field House at (330) 672-2421.

MEDICAL INFORMATION

To participate in the Kent State Clinics, your parent or guardian must sign the Hold Harmless and Medical forms, no exceptions. You can download the forms from the Kent State website (www.kentstatesports.com - drag your mouse over "camps" and click on "Track & Field/Speed Camps"). For more information, call the Field House at (330) 672-2421.

CREDIT CARD/REFUND POLICY

For security reasons we will no longer accept credit card registrations over the phone or through the mail. To register via credit card visit www.kentstatesports.com, drag your mouse over "camps" and click on "Track & Field/Speed Camps."

Full refund minus \$10 processing fee will be given for cancellations up to 48 hours before the camp starts. No refund for cancellations within 48 hours or no-shows.

APPLICATION

Name: _____ Grade: _____ Age: _____ Events: _____

Address: _____ City: _____ State: _____

Zip: _____ Phone: (____) _____ Please Circle: **Male** **Female**

Email: _____

(REQUIRED): Please print legibly, confirmation will be sent via email

For online registration visit WWW.KENTSTATESPORTS.COM drag mouse over "Camps" and click on "Track Camps."

Checks payable to: **KSU Athletics/Track Clinic**

Send application & payment to:

Track Clinic Director, Field House

Kent State University

Kent, OH 44242

Mark which clinic you would like to attend:

Speed Clinic	Session #1	\$130
Speed Clinic	Session #2	\$130
Throws Clinic	Session #1	\$130
Throws Clinic	Session #2	\$130
Pole Vault	Session #1	\$130
Jumps/Distance	Session #2	\$130

*Groups of 4 or more receive a \$30 discount for each camper. Applications must be received in one envelope.

WALK-UPS WILL BE ACCEPTED

Walk-ups add \$10 per session (Cost of \$140/session)