

**Bemidji State University Track and Field
Speed Quest Clinic Schedule of Events & Registration Form**

Dear Coaches & Athletes:

We would like to invite you to the **BSU Speed Quest Clinic**. We have brought in some excellent clinicians to share their expertise with you during this "learn by doing" clinic. This clinic is not just for the track and field athlete, but can be used by all athletes and coaches

Saturday, March 19, 2011

NOON

Registration for coaches & athletes begins in the foyer of the BSU Rec Center.

Registration fees: \$20.00 per athlete includes a Speed Quest t-shirt.

\$30.00 per coach includes a t-shirt and clinic notes.

1:00 p.m. A Dynamic warm up for all:

1:30 p.m.

Speed Quest:

Distance:

Pole Vault:

Shot put:

2:00 p.m..

Hurdles:

LJ & TJ:

Distance: Training & Nutrition tips: Ed Rousseau, Age group Champion.

Chiropractic Sport & Spinal Rehab, Scan the Feet, Legs, Spine.

3:00 p.m

Discus:

Starts/sprints:.

High Jump:

Strength Training, with out the weight room:

4:00 p.m. 200's on the track, speed & endurance.

5:00 p.m. Clinic over.

Speed Quest Clinic Registration

Name _____ Coach Athlete Year _____
Address _____ T-Shirt Size _____
Phone Number _____ School _____ Events _____

Release: In consideration of the acceptance of my registration, I do hereby release any and all sponsors, directors, and volunteers of this event, Speed Quest clinic 2011 and their representatives, from any and all liability from injury I may suffer as a result from my participation in this event. I attest and verify that I am physically fit and properly trained for the completion of this event. I also understand fees are non-refundable.

Signature _____ Date _____

Enclosed is a check payable to Bemidji State University T&F for \$20 per athlete/ \$30.00 per coach; forward this form and check to: Craig Hougen, Bemidji State University, Gillett Rec-Fitness Center PE 227 Bemidji, MN 56601.