

COACHES: Please share this information with your assistant coaches and your middle school staff!

SATURDAY, FEB. 28, 2009



BETHANY COLLEGE

SWEDES COACHING CLINIC

BETHANY COLLEGE TRACK & FIELD

CLINIC REGISTRATION / MORE INFORMATION

Coach Jim Krob: the featured presenter at this 2009 “revival” of the Bethany College Track & Field Coaches Clinic. He will have the solo opening session on tips to improve your track & field programs then will cover the javelin in a classroom setting and have a javelin drills session as another.

Dan Whisler, Sterling HS: will do two sessions: one on mental training & goal setting for middle and distance runners and a second on the physical training for middle and distance runners. **Eric Swenson, Wichita Independent HS:** will cover long jump and triple jump in one classroom session then cover some drills in another. **Kelly Lampe, Spearville HS:** will do one session on dynamic warm up exercises then will talk on hurdle training and do a third session on hurdle drills. **“Doc” Mark Breault, Jamestown/Concordia:** will cover one session on pole vault then have a second on drills and/or training for pole vault with demonstrations. *Bethany College’s “player-coach”* **Jessica Becker** is a senior who has earned All-American status four times and is a national indoor champion in the shot put. She will be covering shot put/discus drills. *New Swede head coach* **Aaron Davis** will do one session on sprint training and in combination with *assistant coach* **Jay Myers** will do another session on high school and middle school general prep training. We hope to give you something you can take home and use the next week! Myers will also do a session on relay exchanges and picking relay personnel. Clinicians will be available for a Q/A wrap up session. **NOTE:** There will NOT be a KSHSAA rules meeting associated with this clinic this year! Clinic information and registration forms are also available at <http://www.bethanyswedes.com/>

Name _____ School _____

School Address _____ City/Zip _____

Phone _____ E-Mail _____

Additional Coaches from your district:

EARLY BIRD REGISTRATION / Postmarked by Feb. 25

1 coach = \$50

2 coaches same district = \$90

3 coaches same district = \$125

Call if you are bringing more than 3 for a special rate.

MAIL FORMS TO: Jay Myers / Assistant Track & Field Coach / Bethany College / Lindsborg, KS 67456

QUESTIONS? Contact Jay Myers at 785-227-3311 Ext 8331 / Cell: 785-212-0330 / myersj@bethanylb.edu