

PACER TRACK & FIELD



SPRING CLINIC



**Shoreland
Lutheran
HIGH SCHOOL**



Where: Shoreland Lutheran High School Gym & Track Complex

When: **Tuesday, April 26, 2016 (6pm-8:45pm)**

Who: All athletes in grades 5-8 who want to learn more about Track and Field in a Christ-centered environment are encouraged to participate.

What: Quality instruction for beginner through advanced athletes in three Track & Field events.

Events: - Sprints (50-400 meters) - Mid-Distance (800-3200 meters) - Shot Put - Discus - Long Jump - Triple Jump - High Jump - Hurdles

Cost: \$20 - Register online at www.slpacers.org (contact Coach Schulz directly for family discount) Includes registration and a Pacer Track & Field T-shirt
Coaches and parents are welcome to observe at no cost.

Bring: **Indoor and outdoor** athletic shoes (no spikes allowed), workout clothes for indoors, warm clothes for outdoor workouts including stocking caps and gloves, shots and discs (optional).

Schedule:

Registration	5:30-6:00
Introduction	5:00-5:30 (devotion and warm-up)
Session I	5:30-6:30 (instruction in your first event of choice)
Break	6:30-6:45
Session II	6:45-7:45 (instruction in your second event of choice)
Closing	7:45-8:00 (warm-down, final thoughts and encouragement)

How can I sign-up? Simply register online at www.slpacers.org by April 19. You may still register on the day of the clinic, but we cannot guarantee t-shirt size campers who sign-up on the day of the camp.

Feel free to contact Head Track Coach Dan Schulz with any questions
(dschulz@slhs.us or 262-859-2595 ext. 115).