

STATE UNIVERSITY OF **NEW YORK** BUFFALO

2014–2015 TRACK & FIELD WINTER CLINIC SERIES

Clinic #1: Track & Field Learn by Doing

Sunday, December 7, 2014, 12:00pm—4:00pm, UB's Alumni Arena

- Grades 7—12
- Cost: \$150/team (Girls and Boys separate), \$30/individual. Coaches attend free with 1 or more registered athletes, or \$30 without athletes. Checks payable to "UB Foundation"
- Sprints, Hurdles, Relays, Horizontal Jumps, High Jump, Throws, Pole Vault, Mid-distance/Long Distance with groups for Advanced and Novice track & field athletes. Come prepared for activity!
- Pre-Registration is encouraged. Register in advance at www.ubbulls.com or email vam3@buffalo.edu
- Pole Vault: If you have your own poles, please bring them. We will have poles available as well.

Clinic #2: Track & Field Learn by Doing

Monday, January 19, 2015 (MLK Day), 10:00am—2:00pm, UB's Alumni Arena

- Grades 7—12
- Cost: \$150/team (Girls and Boys separate), \$30/individual. Coaches attend free with 1 or more registered athletes, or \$30 without athletes. Checks payable to "UB Foundation"
- Sprints, Hurdles, Relays, Horizontal Jumps, High Jump, Throws, Pole Vault, Mid-distance/Long Distance with groups for Advanced and Novice track & field athletes. Come prepared for activity!
- Pre-Registration is encouraged. Register in advance at www.ubbulls.com or email vam3@buffalo.edu
- Pole Vault: If you have your own poles, please bring them. We will have poles available as well.

Clinic #3: UB ELITE Clinic: Field Events & Hurdles

Sunday, February 8, 2015, 12:00pm—4:00pm, UB's Alumni Arena

- Grades 10—12
- Cost: \$50/individual. Team Rate for 4 athletes from same school \$160, additional athletes from same school at \$20/athlete. Coaches attend free with 1 or more registered athletes, or \$30 without athletes. Checks payable to "UB Foundation"
- Sprints, Hurdles, Relays, Horizontal Jumps, High Jump, Throws, Pole Vault. Athletes will focus on advanced level technique development. Come prepared for activity!
- Pre-Registration is encouraged. Register in advance at www.ubbulls.com or email vam3@buffalo.edu
- Pole Vault: If you have your own poles, please bring them. We will have poles available as well.

Clinic Director: Vicki Mitchell
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All clinics will take place at Alumni Arena, on the North Campus of the University at Buffalo. Parking will be available in the ARENA PARKING LOT. For directions and parking information, go to www.ubbulls.com