

# Alfred University

**High School Track & Field “Penthalon & Prep” Clinic –  
McLane Center**

**Saturday & Sunday ~ March 18<sup>th</sup> & 19<sup>th</sup>**

**10:00 am - 4:00 pm**

**Sessions to be covered:**

## Saturday:

Session I	Non Rotational shot put Triple Jump
Session II	Hurdles Drills and training Conventional Discus
Session III	Blocks to 1 <sup>st</sup> Hurdle High Jump styles-

## Sunday:

Non Rotational shot put Hurdles Drills and training	Session IV
Long jump approach and drills Blocks to 1 <sup>st</sup> Hurdle	Session V
High Jump styles- Open use for Practice	Session VI

**Athletes allowed one clinic per session -Itinerary to be emailed once registered.**



**Clinics will be run by Alfred University Track & Field Coaches  
and assisted by current AU athletes!**

**Head coach ~ Bill Sortore  
Throws coach ~ Brian Gawne  
Hurdle and Horizontal Jumps coach ~ Nick White**

**Cost: \$25 for one session  
\$20 for an additional session  
\$ 60 for the Day / \$100 for all 6 sessions**

**Contact Coach Sortore at [sortore@alfred.edu](mailto:sortore@alfred.edu) or  
(585) 307-4015 to reserve your spot!**