

Nike Indoor Nationals

Invites You to learn from Olympians at the



Friday March 10, 2006

7:00 -9:00 pm

Prince George's Sports and Learning Complex, Landover, MD



Joanna Hayes



Shawn Crawford



Alan Webb



Tiombe Hurd

7:00 - 7:10

Introduction

7:15 - 9:00

Distance & Endurance Symposium with Olympian Alan Webb and his coach Scott Raczko.

7:15 - 7:45

Speed 101 with Dan Fichter of *Wanna Get Fast*

7:45 - 9:00

Breakout Technical Sessions:

Hurdles with Olympian Joanna Hayes & Coach Andrew Blanks, Houston Westbury High School & coach of two 2004 Olympic hurdle finalists

Long Jump with Olympian Tiombe Hurd and NSSF Coach of the Year, Carmen Jackson of Miami Northwestern High School.

Sprints with Olympic Gold Medalist, Shawn Crawford & Dan Fichter, of *Wanna Get Fast*.

8:50 - 9:00

Q&A/Closing Comments

**SETS
Schedule**

Free

For NIN Athletes. All others- \$10.00 - tickets available on-site.