

2005 AAF Track & Field Clinic--LEVEL 1 Schedule

January 15-Mt. San Antonio College-Walnut February 12-Westview High School-San Diego

7:45 - 8:30	Registration	
8:40 - 8:55	Welcome, Introductions & Clinic Instructions	
9:00 - 10:00	Choose one of six lectures on various aspects of coaching track and field	
10:15 - 12:00	Level 1 Specific Event Classroom & On the Track Instruction	
	Sprints.....	Beginning Level
	Hurdles.....	Beginning Level
	Long Jump/Triple Jump.....	Beginning Level
	High Jump.....	Beginning Level
	Pole Vault.....	Beginning Level
	Distances.....	Beginning Level
	Throws - Part I Shot Put.....	(Discus will be presented in afternoon)
12:00 - 1:00	Lunch	
1:00 - 3:00	Level 1 Specific Event Classroom & On the Track Instruction	
	Sprints.....	Intermediate Level
	Hurdles.....	Intermediate Level
	Long Jump/Triple Jump.....	Intermediate Level
	High Jump.....	Intermediate Level
	Pole Vault.....	Intermediate Level
	Distances.....	Intermediate Level
	Throws - Part II Discus.....	Beginning Level
3:15 - 4:15	Choose one of six lectures on various aspects of coaching track and field	
4:15 - 4:30	Turn in evaluations and receive FREE AAF Track & Field Manual	

2005 AAF Advanced Track & Field Clinic

Advanced Sessions in Every Major T & F Event Area-Plus Sessions on Using Hy-Tek - Understanding Steroids - Sports Psychology & More....

Mt. San Antonio College - January 29, 2005 - "Superclinic Saturday"

8:00 AM - Registration & Refreshments - 9:00 AM - Clinic Keynote

Keynote Speaker:

Willie Banks

Former World Record Holder in the Triple Jump

There will also be more than 30 individual clinic sessions during day devoted to training and competing in all areas of track and field with presentations by top notch national, collegiate and high school coaches in all event areas.

Check our web site (www.aafila.org) for a further list of coaches and presenters that will be appearing at each clinic site.

2005 AAF High School Track & Field Clinic Series

To register for any one of the track & field clinics, visit our web site at:

www.aafa.org - select **Coaching Education** - select **AAF Coaching Clinics**
or complete this form and fax it to 818-993-3067 or mail completed form to:

JR's Handling
10229 Glade Ave.
Chatsworth, CA 91311
Name:

Street Address:

City, State, Zip Code:

Please place a check in the box next to each clinic you plan to attend!

Level 1 - Mt. San Antonio
Jan. 15, 2005

Level 1 - Westview High School
Feb. 12, 2005

Advanced-Mt. SAC
Jan. 29, 2005



SERVING YOUTH THROUGH SPORT

Each Clinic Is Absolutely Free To All Coaches!!!

- ✓ You may attend one, two or all three clinics--all for free!
- ✓ This great clinic series is being sponsored by the Amateur Athletic Foundation of Los Angeles.
- ✓ Bring your entire track and field coaching staff!
- ✓ Any adult may attend--you do not have to be an official high school coach!

College Credit Available!!!

Loyola Marymount University will be offering units of post-baccalaureate credit for coaches who attend one of these clinics!

For Additional Clinic Information....

Tim O'Rourke Daytime626-258-5330
Evening.....626-914-2794
Jacqueline Hansen Daytime323-730-4618
Ken Reeves Daytime805-640-4343
Ext. 1892.....

2005 AAF High School Track & Field Coaches Clinic Series



The Absolute Biggest and Best High School Track & Field Clinic Program in the State! More Than 2,000 Coaches Have Attended in the Past Three Years! Each Clinic Is Free!

Level 1 Clinics

January 15, 2005
Mt. San Antonio College
&

February 12, 2005
Westview High School
(San Diego Area)

Advanced Clinic

January 29, 2005
Mt. San Antonio College