



Dear Friends,

9th Annual FORR Summer Track and Field Clinic July 8-11, 2019

The FORR Summer Track and Field Clinic will focus upon the technical events of track and field. Participants will be introduced to three throwing events: shot put, discus, and javelin. They will also be introduced to three jumping events: high jump, long jump, and triple jump. We will work to build a familiarity and a sense of understanding with each of these events.

In addition, the participants will learn the fundamentals of hurdling and the use of starting blocks in hurdles and sprints, and will also learn the basics of relay races.

Each session will begin with a thorough "dynamic" warm up and a number of drills designed to prepare each participant for competition. We will also include several "simulated" track workouts to give the participants a greater sense of the demands of a serious track and field program upon its athletes.

The learning sessions will run through the first 3 days of the Clinic. Thursday will be a day of competition. Each participant will select events in which he or she will compete. In addition to the field events listed, we will also compete in hurdles, 100 meters dash, 200 meters, 400 meters, and a distance race for those interested. We will also place athletes in groups for relay races at the end of the session.

The Clinic will run July 8-11 from 9:00AM-12:00Noon and is open to girls and boys entering 6th, 7th, 8th and 9th Grade in the Fall 2019 school year. Cost of clinic is \$85.00 per participant.

Enrollment is limited to Reading residents.

Participants will be under the direction of Reading High School Varsity Coaches Dave Williams and Nancy Madden.

Register online at:

<https://www.signmeup.com/site/online-event-registration/130122>

Thank you for your support. We look forward to seeing you!

Sincerely,

--Friends of Reading Recreation

