

UNIVERSITY OF MAINE TRACK AND FIELD DEVELOPMENTAL CLINICS

To: School Coaches and Parents

Jan. 2, 2010

Dear Coaches and Parents,

Our University of Maine Track and Field Coaching Staff will host Wednesday clinics, practice sessions for you and your athletes, and any adults wishing to get back into a favorite event. Coaches are encouraged to be on the floor helping coach and discuss with UM staff all ideas.. It also is for parents to be on the floor helping and learning. **The clinics will be for the Field Events.**

The assumption of risk form must be signed by all who intend to practice.

**The clinics are Wednesdays January 6, 13, 20, 27, February 10, @ 7:45pm-9:30pm
The fee is \$5.00 per athlete per night, we must charge a fee by NCAA rules.**

Aim: This is a Developmental series; Sharing our ideas, some quite innovative, with your ideas on coaching, drills to improve the skill learning of your athletes in the field events, while having an opportunity to practice during the session; an extra opportunity to improve and practice. Also an opportunity for parents and coaches to be on the floor
The University of Maine Coaching Staff will lead the sessions. Also, as allowed by NCAA rules, several of our University of Maine athletes may instruct and teach the high school athletes. It is all on the developmental aspects of the technical events, and that is permissible by NCAA rules..

There will be time to discuss techniques and training ideas, and question and answers. We will talk about legitimate web sites for drills, techniques. Events can be rotated. Ideas and drills that can be used effectively in your school hallways and gyms will be discussed and presented. As well as Innovative ideas and we all will have fun doing so
The University of Maine Coaching Staff has attended elite national and international symposiums recently and have lots of fresh ideas to share.

Bring and or send your athletes with the forms signed and the \$5 fee/per night attending
FOR MORE INFORMATION

contact Rolland Ranson

by email at Rolland.ranson@umit.maine.edu OR 581-1077 and leave voice mail message with your phone number.

Sincerely,

On behalf of head coach Mark Lech, Gerhard Skall, DavidCusano, ,

Ryan Harkelroad, Katie Souviney

Rolland Ranson : contact at Rolland.ranson@umit.maine.edu or Phone 581 - 1077