



## Track & Field Winter Clinic

The University of Delaware track & field program is sponsoring a youth track and field clinic. This indoor clinic is open to youths of all ages. Participants will have an opportunity to learn the fundamentals of the sprints, distance running, jumps and throws, followed by active participation that include various skill set.

**Date**  
Sunday, Jan. 7<sup>th</sup> 2018

**Cost**  
Pre-registration \$30  
Day of registration \$35

[To Register Online - Click Here](#)  
Online registration ends **Friday, Jan. 5, 2018**

**Participant will receive a free clinic t-shirts**



**Clinic Location**  
261 South College Ave.  
Newark De. 19716

### Duration

2:00pm – 4:00pm

Check-in will begin at 12:50 to 1:55p.m. Clinic starts promptly at 2:00pm

[Parent guardian, please sign participation agreement form, online, mail or bring it with you day of the event](#)

### Clinic Instructors

Wendy McFarlane-Smith - sprints/hurdles/relays  
Ryan Waite - distance  
Larry Pratt – throws  
Chris Watson - pole vault  
Terence Gadson - vertical & horizontal jumps  
Current members of the UD cross country/track & field team

Participants may register online via this [link](#) or mail form on the right of this page to: Wendy McFarlane- Smith - 134 Delaware Field House, 621 South College Ave., Newark DE, 19716. All checks must be made payable to the University of Delaware

Fax registration forms to 302 831 4058 or email [wendym@udel.edu](mailto:wendym@udel.edu)

Questions: contact Wendy McFarlane-Smith @ 302 831 8738

## University of Delaware Track & Field Clinic Registration Form January 7<sup>th</sup> 2018



Indoor Track & Field Clinic is open to youths of all ages will be held on Sunday, Jan 7, 2018 from 2-4 p.m. at the Delaware Field House. Registration fee - \$30 for pre-registration. \$35 for on-site registration (the day of the event). Check-in will begin at 12:50pm to 1:55 p.m.

**The deadline to register online - Friday, Jan. 5<sup>th</sup>, 2018**

Full Name: \_\_\_\_\_

School/Affiliation: \_\_\_\_\_

Age: \_\_\_\_\_ Circle Gender: **Male / Female**

Height: \_\_\_\_\_ Weight \_\_\_\_\_

Circle T-Shirt Size: **S - M - L - XL**

Email Address \_\_\_\_\_

Cell phone: \_\_\_\_\_

Home phone: \_\_\_\_\_

Home Address: \_\_\_\_\_

**Please Circle ONE event of Interest**

**Distance  
Sprints  
Hurdles  
Jumps  
Pole Vault  
Throws**

**Checks payable to:** University of Delaware  
**Mail to:** Wendy McFarlane-Smith  
University of Delaware  
Head Track & Field Coach  
134 Delaware Field House  
621 S. College Avenue  
Newark DE, 19716

Fax registration form to 302 831 4058  
or email [wendym@udel.edu](mailto:wendym@udel.edu)