

# Western 2019 Speed & Power Day Clinic

For Athletes grades 7-12

**WHEN: Sunday, February 10**  
(After our meet the previous day)

**WHERE: Western Colorado University Fieldhouse**

**COST: \$50– Includes a t-shirt and lunch**  
(Cost: \$60 for registration day of)

## **SCHEDULE:**

9:00-10:00am: Check-in at Fieldhouse  
(Use North Entrance of Paul Wright Gym)

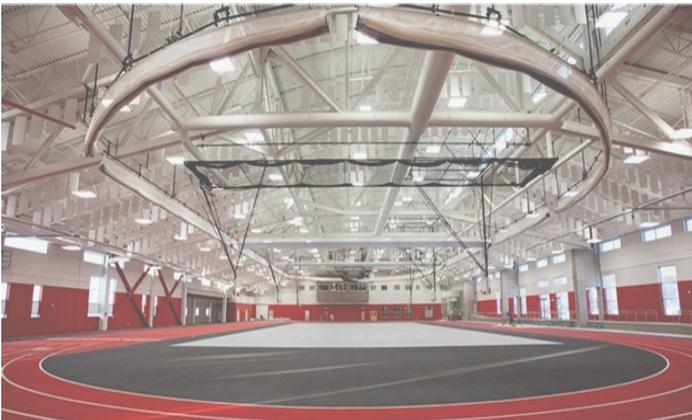
10:00-Noon: Technical Breakout Sessions

Noon-1:00pm: Lunch (provided)

1:00-3:00pm: Technical Breakout Sessions

## **What to Bring:**

- ◆ Event Shoes
- ◆ Water Bottle
- ◆ Implements/Poles (if you have access)
- ◆ Bathing Suit/Towel (Pole Vaulters Only)



Make Checks payable to:

**WSCU**

Send to:

**Track & Field Office-Lindsey Grasmick**

**Western State Colorado University**

**1 Western Way**

**Gunnison, CO 81231**

**Coach Grasmick**

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