



NC TRACK & FIELD SKILLS CLINIC

a learn-by-doing clinic for athletes and coaches

Taught by experienced clinicians who train record-holders
and scholarship-earners:

GUEST SPEAKER

George Williams, Saint Augustine's University

Reggie Barnes | Horizontal Jumps

Nat Carter | High Jump

Donald Davis | Hurdles

Shelton Harrison | Shot Put & Discus

Athletes will receive form cues and personalized feedback that will help to
improve their hurdling, jumping and throwing techniques.

Coaches will learn training tips and strategies specific to youth athletes.

EVENT DETAILS

AMERICAN HEBREW ACADEMY
4334 HOBBS RD. GREENSBORO, NC
\$35/athlete | \$60/coach

Saturday, Feb 23 | 12:00PM - 5:00PM

CONTACT: DR. DEANNE DAVIS BROOKS | DRBROOKSTRACKCLINIC@GMAIL.COM



MUST PRE-REGISTER BY FEB 21: <http://bit.ly/NCC19REG>