

Skill Development Camp

Date - March 30, 2012 (Friday Evening)

Location- Saskatoon Field House

Camp Registration: Please submit registration with meet registration form on March 23rd, 2012. The clinic is open to athletes aged 10 to 18 and also to any older athletes entered in the Aboriginal Indoor Championships. Coaches, teachers and chaperones are invited to participate in sessions to learn proper techniques and skills free of charge.

Clinic Content

Skill Development – Session 1- 6:00 PM – 7:00 PM
- Session 2- 7:15 PM --8:15 PM

Skill Development Sessions – (Athletes may choose one each hour)

- 1) Long Jump
- 2) Triple Jump- only one triple jump session will be held in Session 1
- 3) High Jump
- 4) Shot Put
- 5) Sprints (Includes proper use of starting blocks)

Session Content

- 1) Skill development
- 2) Proper warm up techniques
- 3) Training strategies
- 4) Competition strategies

This camp is being held on the Friday evening March 30th prior to Aboriginal Indoor Championships on Saturday, March 31, 2012. This allows participants to immediately implement new skills and receive valuable feedback throughout the next day's competition.

NOTE: Athletes may attend the Camp without having to compete in the Championships the following day, or they may compete on Saturday without attending the Friday Skill Development Camp. However, the cost of \$60.00 will remain the same if choosing to only participate in one or the other. All athletes are encouraged to attend both the Camp and the Competition to maximize this development opportunity.

*** Please send in registration on the attached form for the clinic by March 23, 2012 to:

Fax- Sask Athletics at 664-6761, Email- athletics@sasktel.net or contact Derek Rope @ 306.292.5277

Registration Form
Skill Development Clinic

Date: March 30, 2012
Site: Saskatoon Fieldhouse
Time: 6:00 P.M. – 8:15 P.M.

Skills Camp Registration Form

PLEASE PRINT

Name	M/F	Year Born	Please circle 2 events
			Sprints, Long Jump, Triple Jump, High Jump, Shot Put
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Print extra sheets if you have additional athletes.