



Washburn High School Track & Field Clinic

Saturday, May 5, 2012

Instructors include the Washburn High School Boys and Girls Track Team coaches and athletes.

Have fun while learning:

- ⤴ Jumping basics
- ⤴ Race start techniques
- ⤴ Plyometrics/strength exercises
- ⤴ And more!

Schedule for the day:

- 9:00- Check-in, warm-ups
- 9:30- Rotate thru event stations
- 10:30- Races!

When: 9:00 - 11:00 am Saturday, May 5, 2012

Where: WHS Stadium (Rain location Main Gym)

Who: 1st thru 12th Graders interested in Track & Field

Cost: Free

Please Note: The track entrance off the Ramsey School parking lot will be open along with the entrance off of 49th Street. There will be a college testing event at WHS that day so parking in the Washburn lots might be tight.

Parents and Park Coaches are welcome to watch from the stands or participate in an adult group.

Questions? Contact: Michelle DeV Vaughn @ 612-236-8711 email: devaughnmm@comcast.net



Donations to WHS Track Program are welcome