

Chadron State College

Indoor Track and Field Clinics

Sunday, January 12th, 19th, and 26th 2020

6th Grade – 12th Grade Boys and Girls

Time: 1pm – 4pm

Event Instruction

| High, Long, Triple Jump | Shot Put | Discus (net) | Sprints | Hurdles | Pole Vault

Clinic Details

Cost: \$50/day | \$75 for 2 camp days | \$100 for all 3 camp days | Groups of 5+ save \$10 per camper

Goal: Provide NCAA level and beyond instruction in a fun and safe environment. Teach individuals technical demands and understanding of individual events. Instructors include several NCAA National Qualifiers and All-Americans.

Equipment: Bring event shoes/spikes. Pole vault poles are available, but if you own poles we encourage you to bring them!

Boys are encouraged to bring a 12lb shot with them also.

Check in: Nelson Physical Activity Center (293 E 12th St. Chadron, NE) 12:30pm. Parking available in surrounding lots.

Check out: 4pm (Same Location)

Camp Staff

Riley Northrup – CSC Head Coach, 5x USATF Championships Qualifier, CSC All – American, 7'2.5" High Jumper

Ethan Rich – CSC Throws Coach, 3x NCAA Regional Qualifier, USATF Championships Qualifier, 72meter Javelin Thrower

Jesse Bleidt – CSC Throws Coach, CSC RMAC Champion, NCAA Provisional Qualifier

Julia Hammerschmidt – CSC Sprints/Hurdles Coach, 5x NCAA All-American, German National Championships Qualifier

John Ritzen – Former CSC Long/Triple Jump Coach to School Record Holder & US Olympic Trials Qualifier Damarcus Simpson

Plus assistance from CSC Track and Field Student-Athletes



FOR MORE INFORMATION – CONTACT

HEAD COACH - RILEY NORTHRUP

RNORTHRUP@CSC.EDU | 567.215.5403 (After 6pm)



Registration information can be found online at our website:

<http://www.chadronstatesportscamps.com/>

Registration deadlines to ensure your spot: January 5th, 13th, and 20th.