

# Chadron State College Indoor Track and Field Clinics



Sunday, January 6<sup>th</sup>, 13<sup>th</sup>, and 27<sup>th</sup> 2019

6<sup>th</sup> Grade – 12<sup>th</sup> Grade Boys and Girls

Time: 1pm – 4pm

Event Instruction

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

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 12<sup>th</sup> 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

Alex Wilson – CSC Sprints/Hurdles Coach, Kansas University Track and Field Graduate

Jesse Bleidt – CSC Throws Coach, CSC RMAC Champion, NCAA Provisional 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 1<sup>st</sup>, 8<sup>th</sup>, and 15<sup>th</sup>.

\*\* In order to receive a refund, camper must notify coach Northrup at rnorthrup@csc.edu of the cancellation no later than January 1, 2019. There is a \$20.00 non-refundable deposit per each registered camper. NSF Checks will incur a NSF charge of \$30.00.