

## North Central College presents:

### **"Learn by Doing" Track & Field Clinic** - 2009

Sunday, June 21st - Tuesday, June 23rd

6:30pm-8:00pm

Hurdles (low, intermediate, and high), Throws (shot put and discus), Jumps (long and triple), High Jump

For athletes 12-up, coaches all levels (\$100)

### **Cardinal Cross Country Camp (2 sessions)** - 2009

Session 1: June 15-17 and June 22-24

Session 2: June 29- July 1 and July 6-8

**Clinic Times:** 8:30-10:00a.m.

**Ages:** 10-13 (\$150 per session)

### **Midwest Distance Summit** - 2009

Tuesday, August 4th (9:30am-4pm)

Speakers include:

Tim Broe (Olympian, coach)

Robert Chapman (Indiana University - Team Indiana Elite)

Jeremy Rasmussen (University of Illinois)

Shawn True (Science Fitness)

and more...information will be updated periodically, please continue to check-in

**Registration information:** 630-637-5560

For coaches (all levels) - \$100/includes lunch

Questions: Mahesh Narayanan 630-637-5525, [mahesh@noctrl.edu](mailto:mahesh@noctrl.edu)