



Avera Sports Institute Winter Track Clinic

featuring

Mike Powell
World Record Holder
Men's Long Jump (29'4 ½")

Monday, February 15, 2010

8:30 am to 3:45 pm

\$50 per person

Athletes & Parents- High School/College

Coaches- High School/College

Clinic Format:

Morning Session: 8:30 am to Noon

Drive phase sprint mechanics & Long jump approach phase

Top-end sprint mechanics & Long jump take-off phase

(Break: Noon to 1:00 pm—lunch on your own)

Afternoon Session: 1:00 pm to 3:45 pm

Sprint drills & Long jump flight phase

Sprint drills & Long jump landing phase

Overview & summary