

WHAT TO BRING

- Campers must bring their own spikes/throwing shoes. Vaulters will need to bring their own poles. LCSC will provide the throwing equipment. Campers are also encouraged to bring water, and warm clothes.

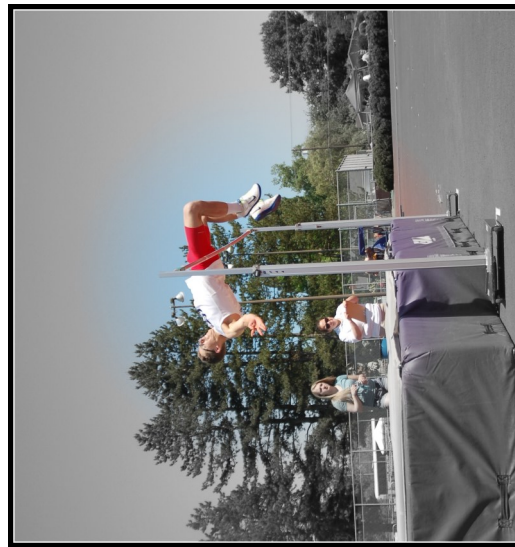
QUESTIONS???

If you have any questions, contact LCSC
Head Assistant Coach at:

Cyrus Hall

Office: 208.792.2520

Email: cbhall@lcsc.edu



TRACK & FIELD



2018

**Winter Track
& Field**

CLINICS

January 27, 2018

February 17, 2018

Ages 6-18



2017 Warrior Track & Field Clinics
Lewis-Clark State College
Attn: Coach Cyrus Hall
500 8th Ave.
Lewiston, ID 83501

LOCATIONS

Sprints/Hurdles/Relays & Jumps will be held at Lewiston High School's Sweeney Track at the Vollmer Bowl.

- 1114 9th Ave. Lewiston, ID 83501
- We will host the clinics regardless of weather. So come prepared for anything!

FEES

Cost is \$20 per athlete per Clinic. No refunds.

ONLINE REGISTRATION

You can register for any of the clinics online at connect.lcsc.edu/crosscountry/ through a registration link.



JUMPS CLINIC

Saturday, February 17, 2018

8:45am Check in @ the track
 9:00am Staff Introductions
 9:15am Horizontal Jumps
 10:30am Vertical Jumps
 12:00pm Clinic Ends

SPRINTS/HURDLES/RELAYS

Saturday, January 27, 2018

8:45am Check in @ the track
 9:00am Staff Introductions
 9:15am Warm Ups
 9:30am Hurdles/Sprints
 10:30am Starting blocks
 11:30am Relays
 12:00pm Clinic Ends

THROWS CLINIC

Saturday, February 17, 2018

8:45am Check in @ LCSC Activity Center
 9:00am Staff Introductions
 9:15am Warm Ups
 9:30am Shot/Discus/Javelin
 12:00pm Clinic Ends

2018 CLINIC APPLICATION

Fill out complete, clip and mail full payment to:

LCSC Track &Field, 500 8th Ave. Lewiston, ID 83501

Please make check payable to LCSC Track & Field

 Name (print) Male Female

 Parent/Legal Guardian

 Street Address

 City/State/Zip

 Daytime Phone

 Emergency Phone

 Email

 School

 Grade

Sprints/Hurdles/Relays Clinic

Jumps Clinic

Throws Clinic

Medical Waiver –Must be signed

I understand by the nature of the activity that there exists the possibility of an accident, and I assume the risk and responsibility while attending Lewis-Clark State College Track and Field Clinic. I as parent/guardian of a minor student, permit emergency care to be administered to him/her as deemed necessary by the LCSC coaches, staff, or athletic trainers. I will allow the involved hospital and/or doctor to administer the required treatment for the emergency condition. I also understand that Lewis-Clark State College does not have insurance coverage for injuries to sport camp participants. Nor will I hold LCSC, it's Track and Field Coaches, staff or it's athletes liable for any injuries or expenses that may occur while my child is participating.

 Signature of Parent/Guardian

 Special Medical Concerns:
