



BEMIDJI STATE BEAVERS

TRACK & FIELD

Speed Quest Clinic

Saturday, March 19, 2011

NOON

Registration for coaches & athletes begins in the foyer of the BSU Rec Center.

Registration fees: \$20.00 per athlete includes a Speed Quest t-shirt.

\$30.00 per coach includes a t-shirt and clinic notes.

1:00 p.m. A Dynamic warm up for all: Joe Ferraro, Speed Quest: Craig Hougen

1:30 p.m. Linear Speed: With Dr. Tim Wakefield

2:00 p.m.

Distance: Will go outside for a few miles, Melanie Hevel.

2:30 p.m.

Pole Vault: BSU PV crew

Shot put: Ben Baird, Rotational shot

Long Jump: Brian Bernsten

Starts: Joe Ferraro, Eric Olson

High Jump: Steve Sneide, BHS coach

Distance: Vanessa Escobar, Heart Rate Monitors.

3:00 p.m

Shot Put: The Glide with Ben Baird.

Hurdles: Dick Phelps

Vaulting: BSU Crew

Starts/Relay Exchanges: Eric Olson, Craig Hougen.

Long Jump: Brian Berntsen

Circuit Training: Vanessa Escobar

4:00 p.m.

Vaulting: BSU Vault Crew

Triple Jump: Brian Berntsen & Steve Sneide.

Strength Training: Joe Ferraro, without the weight room.

Flo track: Mike Lynch, Computer logs, information page.

Visualization: Shane Brookshire

Discus: Ben Baird

5:00 p.m.

200's on the track, speed & endurance.

Clinic over.