



USA Junior National Championships **Combined Events Clinic**

Sunday June 22, 2008 – Jr. Elite Decathletes / Heptathletes

GOAL:

The goal of this clinic is to expose Junior Decathletes and Heptathletes, along with their coaches, to current technical aspects and training methods for the combined events. There will be a presentation (2hrs) by key experts in the field to a limited group (top 10 finishers from both groups + their coaches) on Sunday morning for decathletes and Sunday early evening for heptathletes. The purpose is to help the athlete and their coaches to construct a viable training regimen that will maximize their potential not only now but in the future. It is also our hope that this project will start to open doors and increase communication between developing combined event athletes, their coaches, and the committees and possible mentors around the country.

Facilitators:

John Green and Tim Hooker will be our clinicians.

Location:

The clinic will take place on Sunday, June 22nd at met headquarters – The Holiday Inn On The Lane (328 W. Lane Ave. Columbus, OH 43201 / 614.294.4848). Times: 8:30am-12:00pm for the decathlon and 6:00-8:30pm for the heptathlon. Light refreshments will be served.

Format:

Presentation seating with computer slide show and handouts.

We realize that decathletes, coaches, and parents must plan to leave Columbus later on Sunday and heptathletes, coaches, and parents must depart Monday. We hope that you consider the opportunity and the benefits of this program. THIS PROGRAM IS A SERVICE PROVIDED FOR FREE BY USATF DEVELOPMENT. Participants will receive a DVD of the Junior National Decathlon or Heptathlon in the weeks following the meet.

Please fill out the information on the following page and return ***by mail*** to John Green and ***email*** your plans to attend (jo.green@comcast.net):
7531 E. Windlawn Way, Parker, CO 80134 cell # 303.907.4198 / office 720.554.2020

Heptathletes may go to <http://usaheptathlon.blogspot.com/> for Heptathlon news and results!
Decathletes may go to <http://decathlonusa.typepad.com/deca/> for Decathlon news and results!



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We plan to attend the USATF Junior Elite Combined Events Clinic Sunday June 22, 2008 in Columbus Ohio.

Please fill out the following information and return ***by mail*** to John Green and ***email*** your plans to attend (jo.green@comcast.net):

7531 E. Windlawn Way, Parker, CO 80134 cell # 303.907.4198 / office 720.554.2020

Athlete's Name

First Name: _____ Last Name: _____

Date of Birth: _____ Parents' Name(s) _____

Address

City: _____ State: _____ Zip: _____

Home Phone: (____) ____-____ Mobile Phone: (____) ____-____

email address: _____

Name of Coach attending: _____

Travel Departure Sunday / Monday

Date: _____ Flight Time: _____

Driving: yes / no

Parents and athletes can use www.visaexpress.net to expedite processing and receipt of passport, and USATF suggests that athletes who anticipate making the World Jr. Team for Poland start the passport process as soon as possible (i.e. do not wait for the Jr. Nationals). More information about international travel and teams may be obtained by looking at the 2007 guide (<http://www.usatf.org/groups/Elite/guides/EliteAthleteHandbook.pdf> - refer to page 49 and page 61).

Also, Youth Coordinators for International Competition are:

Harold Martin - (937-837-5069 hmartin591@aol.com)

John Wissler - (402-280-3611 jwissler@creighton.edu)

Heptathletes may go to <http://usaheptathlon.blogspot.com/> for more Heptathlon news, results, and the Visa Express passport link.

Decathletes may go to <http://decathlonusa.typepad.com/deca/> for Decathlon news and results!

