



**USA Track & Field New England and Waltham Track
 Middle School Track and Field Clinic and Competition
 Newton North High School
 Fridays in July: 9, 16, 23, 30 5PM-7PM**

Run	Jumps	Throw
100m Hurdles 800m	Long Jump High Jump Pole Vault Basics ¹	Shot Javelin - Progression from Turbo Jav to 600g Javelin

Each session will include basic instruction, a chance to try events, and compete. We'll provide times and measurements so the athletes can check their progress between meets. It's been 2 years since most middle school athletes had a chance to compete in track and field. No prior experience needed or expected. We will rotate events based on registered interest

Instructor and Clinicians - Joe Tranchita, NNHS Girls Coach, USATF Level 3; David Teszler, USATF New England President , Waltham Track Coach

Fee: \$ 5/ Session

1 - Pending interest. This may be select weeks



Please register your interest at : <http://bit.ly/NNHSJulyTrack>