

# 2020 Logan Peak Performance Track Clinic

Hosted by Utah State University

## **LOCATION**

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Friday January 3<sup>rd</sup>: Stan Laub Indoor Training Center located on Jack B. Parson Drive Logan, UT 84341- just put Stan Laub Indoor Training Center into GPS (see map below)

Saturday January 4<sup>th</sup>: George Nelson Fieldhouse (USU Fieldhouse) located at 700 North 800 East Logan, UT 84321- just put USU Fieldhouse into GPS (see map below)

## **CHECK-IN**

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Check-In will be Friday from 4:30-5pm at the Stan Laub Indoor Training Center. Clinic will begin at 5pm. At check-in you will receive your T-shirt. If you are just coming on Saturday- check-in will be at the Nelson Fieldhouse on Saturday from 8:30-9am.

## **PARKING**

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There is free parking located at the Stan Laub Indoor Training Center after 5pm on Friday and on Saturday. There is no parking at the Nelson Fieldhouse. There is parking available for a small fee at the Big Blue Parking Terrace located next to the Fieldhouse.

## **END OF CLINIC**

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The clinic ends at 8pm on Friday and 3pm on Saturday. Please pick up your child on time.

## **WHAT TO BRING**

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- Workout clothes (Each camper should come dressed ready to work out. The only exception to this is the Friday night Distance clinic- we will not be doing any workouts on Friday- just instruction).
- Water bottle with name on it
- Comfortable shoes to work out in
- Notebook and pen to take notes
- Any medications necessary (inhaler etc.) It is the responsibility of the camper to notify their event coach of any medical conditions

## **MEALS**

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A pizza dinner will be provided Friday night and a box lunch on Saturday. If you have any food allergies please contact the clinic director ASAP at 719-210-6556.

## **WEATHER**

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Weather in Logan in January is cold and snowy. The only event group that will be going outside is the distance group on Saturday morning for a run- please come prepared with warm clothes. We will also be doing a variety of exercises inside after the run so come prepared with layers. All other event groups will be inside.

## **SCHEDULE**

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Friday: Instruction 5-7:30pm

Dinner 7:30-8pm

Session 1:

Throws: Javelin technique

Jumps: Long Jump & Pole Vault

Sprints: Warmup, technique, & acceleration

Distance: Racing Strategies & Sports Psychology

Saturday: Instruction 9am-12pm

Lunch 12-1pm

Instruction 1-3pm

Session 1:

Throws: Shot put

Jumps: High Jump & General strength/bounding

Sprints: Technique & Hurdles

Distance: Run, Core Strength & Recovery

Session 2:

Throws: Discus

Jumps: Triple Jump & Pole Vaulting

Sprints: Relays

Distance: Training Philosophy & Nutrition

## **INSURANCE**

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Logan Peak Performance Track Clinic DOES NOT provide medical insurance for camp participants.

Medical expenses incurred as a result of participating in Logan Peak Performance Track Clinic ARE THE RESPONSIBILITY OF THE FAMILY OF EACH CAMP PARTICIPANT. Participants must carry primary insurance during camp or be self-insured.

## **ILLNESS & INJURY**

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If medical treatment for a participant is deemed necessary, Logan Peak Performance Track Clinic will attempt to contact the parent or guardian. In the event the parent/guardian cannot be timely reached, the participant may be transported off-site to receive medical treatment.

Experienced athletic trainers will be on hand to treat injuries that may occur during workouts. For serious injuries, participants may be taken to the Logan Regional Medical Center emergency room. It is the camp participant's responsibility to follow the trainers' instructions.

## **CANCELLATIONS & REFUNDS**

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If you register your child for camp and they do not attend, you will not receive a refund. Utah State University and Logan Peak Performance Track Clinic cannot be held responsible for any change or cancellation charges required by airlines, travel agencies or other institutions.

**CLINIC STAFF**

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**Coach/ Clinic Director: Please direct any questions or concerns to Clinic Director**

Sarah Griggs

719-210-6556

sarah.griggs@usu.edu

\*All other coaches will be from USU Track & Field Staff



