

8th Track & Field Clinic – Jan. 31, 2010 • 1 to 5 p.m.

Sprints, hurdles, throws, pole vault, long, triple & high jumps

Facilities

Athletes will utilize The Capital Center's outstanding indoor training facilities. The facility features a new 200 meter ISS-1000 six-lane track by Martin Surfacing, two 26-foot jumping pits with in-ground jumping boards, two pole vault areas, a cement in-ground throwing ring, and all new blocks and hurdles. The facility will host several indoor collegiate meets this year. Last year we hosted the Ohio Athletic Conference Championships.

The Capital Center is a state-of-the-art facility with a 2,200-seat performance arena, an indoor track, a multipurpose forum, a fitness center, and classrooms. The Capital Center hosts athletic events, commencement activities, convocations, rallies, concerts and other gatherings of the CAP Family and the Bexley community. It provides opportunities for intramural activities and athletics, including Capital's NCAA Division III men's and women's track & field program. The adjacent Bernlohr Stadium includes a press box and seating capacity for 3,000 people.

Clinic Philosophy

The purpose of this clinic is to introduce young track & field athletes to the concepts that are used in the training of university track & field athletes. We will look at the warm-up and cool down phases for a practice/meet. Then, we will move into strength development and finally look at techniques specific to track & field events.

The concept we stress the most is that track & field athletes have to know themselves and understand their event(s). An athlete needs to know and understand why and how certain drills and exercises are done and how they apply to what he/she is trying to accomplish.

Suggested Equipment

Each participant should bring T-shirts, gym shorts, socks, sweats, running shoes, spikes (1/4"), specialty shoes and a water bottle.

Costs/Cancellations

The fee is \$70, no extra charges. A non-refundable \$40 administrative fee will be retained from each application.

Directions to Capital's Campus

From the east on I-70: Exit at Livingston Avenue. Turn right at the light and go four blocks to Francis Avenue and turn left. Francis dead ends into Mound Street. Turn left onto Mound and go one block to Pleasant Ridge Avenue. Turn right onto Pleasant Ridge. The Capital Center is on the northeast corner of Mound and Pleasant Ridge.

From the west on I-70: Exit at the Bexley/Main Street exit. Follow the ramp around onto Alum Creek Drive, which will dead end into Main Street. Turn right on Main Street and go four blocks to Pleasant Ridge Avenue. Turn right on Pleasant Ridge. The Capital Center will be on your left, at the corner of Pleasant Ridge and Mound Street.

For more information about the 8th Capital Track & Field Clinic

www.capitalcrusaders.net

To print a copy of the camp application, go to the above Web site,
click to Track & Field • click to Camp Information
Fill out the application and return in the mail.

Fred Barends, Head Track & Field Coach
614-236-6919 • 614-736-0320 • fbarends@capital.edu

Clinicians

FRED BARENDS – SPRINTS

Capital University head coach, 8th year; 24nd year coaching; 7-time USTFCCA Regional Coach-of-the-Year; 155 NCAA qualifiers, 4 NCAA Champions; 38 All-Americans; USATF Level II Certifications

REGGIE CANNON – LONG AND TRIPLE JUMPS

Long, triple and high jumps coach at Capital; 3 NCAA All-Americans and several NCAA national jumps qualifiers; former jumps coach at Ohio State; 25-foot long jumper at OSU

WAYNE CLARK – HURDLES & HIGH JUMP

Coached 30 years of track & field at Zanesville HS and Ohio University; Now works for MF Athletic

MIKE CASAPINI – THROWS

Throws Coach at Zanesville High School; Featured throws Clinician at many U.S. camps and clinics

ADAM RIDENBAUGH – POLE VAULT

Capital University Pole Vault Coach; Has coached several NCAA qualifiers, and 2009 men's All-American, as well as many OAC and All-Ohio champions

RICK MEINDL – THROWS

Capital University shot put and discus coach; 3-time All-American in the shot put and discus at Capital

GENE WEIL – THROWS

Capital University javelin, shot put and discus coach; Competed in the discus and shot put at the University of Colorado

DAVE SPRING – HURDLES

Former Capital Hurdle Coach, current head coach at Pickerington North; 1998 All-American in the high hurdles

KATHY GLOW – HIGH JUMP

Jumps Coach at John Carroll University; Coached 1 high jump National Champion and 5 All-Americans

JANE ARNOLD – JUMPS

Former Ohio Wesleyan and Bluffton University Coach; Coached the 2002 NCAA Div. III high jump champion and All-Americans in the long and triple jumps

RACHEL BARENDS – LONG AND TRIPLE JUMPS

Capital University cross country and track distance coach; Six-time NCAA Div. III national qualifier for Capital University in jumps and 4x100 relay; Finished 12th in nation in long jump for 2005 season

TOMMY HAMPTON – SPRINTS

1990 OHSAA Champion in 300 hurdles; Middle Tennessee State University All Conference 400 meter hurdles; NCAA 400 IMH qualifier

ANGEL DOOLEY – SPRINTS

Capital University assistant sprint coach; Health and fitness director at the Gahanna YMCA; Northland High School and Tulane University graduate; NCAA D-I qualifier in the 200-meter dash

PAUL SOUZA – HIGH JUMP

8 NCAA Team Championships at Wheaton College; has coached multiple NCAA high jump champions

Capital Track & Field Clinic Application Form

Name _____ Year in school _____
Parent's/guardian's name _____ Telephone – home _____ cell phone _____
Street _____ City _____ State _____ ZIP _____
School _____ Event(s) _____ T-shirt size _____ S _____ M _____ L _____ XL _____
E-mail address _____

I hereby authorize the directors of the Capital Track & Field Clinic to act on my behalf according to their best judgment in any emergency requiring discipline or medical attention. My child is physically fit to participate in camp activities according to our family physician.

Signature of parent/guardian _____

Application must be accompanied by a \$70 check.

Mail this form with a check (made payable to Capital Track & Field Clinic) to:

Capital University • Capital Track & Field Clinic • Fred Barends • The Capital Center • 1 College and Main • Columbus, OH 43209-2394

The Capital Center

Clinic Facilities

Camp will be conducted in The Capital Center, Capital's athletic complex that opened in 2001.

Capital University
Ask. Think. Lead.



Capital University Track & Field Clinic

*A great way for athletes in grades 9-12
to get an early jump on training
for the spring season!*



8th Annual Clinic

Sprints
Hurdles
Throws
Pole Vault
Long Jump
High Jump
Triple Jump

*Sunday, Jan. 31, 2010
1 to 5 p.m.*