

# Coaches High Jump Clinic

**When:** Tuesday December 27 (High Jump) and Wednesday December 28 (Hurdles)

**Where:** Lake Park High School West Campus. 500 West Bryn Mawr Avenue, Roselle, IL 60172. We will meet in the front entranceway.

**What:** 9am to 3pm

**Who:** This clinic is for any coach that would like to learn more about the high jump to get ready for the upcoming season. We will be using an athlete to model what we show in the classroom.

## Tentative Schedule:

9am – 10am Classroom Presentation

10:10am-10:40am Modeling in Field House

10:40am-11:40am Classroom Presentation

11:50am-12:20pm Modeling in Field House

12:30pm-1:15pm Lunch Provided

1:20pm-2:20pm Classroom Presentation

2:20pm-2:50 Modeling in Field House

2:50-3:00pm Closing/Survey



**Cost:** \$95 for one day or \$175 for two clinic days.

**Instructor:** Joey Pacione has coached Lake Park for 4 years. At Lake Park, his athletes have won 4 conference titles with 4 different athletes. Prior to LP, he coached jumps, sprints, and hurdles at Division 1 SIU Edwardsville. In his 4 years, he coached athletes to qualify for a combined 8 national championships, including Julian Harvey qualifying 2 times in high jump. His athletes achieved 14 all conference high jump finishes in the Ohio Valley Conference and 2 school records. Coach Pacione is a USATF Level 2 and USTFCCA Level 2 Certified coach and has also coached 3 decathletes/heptathletes at the Olympic Trials.

**Registration:** Signup online at [www.dupagetrackclub.org](http://www.dupagetrackclub.org) and follow the directions. Deadline for signing up will be Friday December 16.

**Filming:** Anything outside of the classroom can be filmed

**Lunch:** Will be catered and provided.