

Coaches 100/110m Hurdles 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: 100/110m hurdles clinic from 9am to 3pm.

Who: This clinic is for coaches that would like to learn more about the short hurdle races.

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.

Lead Instructor: Joey Pacione has coached Lake Park for 4 years. Coach Pacione has coached 3 state qualifiers in the hurdles, as well as 3 conference champions. In 2021, the LP hurdlers scored 32 points at the conference meet. Prior to LP, he coached jumps, sprints, and hurdles at Division 1 SIU Edwardsville. There, his hurdlers achieved 7 all-conference honors. 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 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.