



2ND ANNUAL COACHES CLINIC

Sunday November 20th

Shineman Science and Engineering Center

Registration begins at 9:00 AM

First Presenters begin at 10:00 AM

To reserve your spot, RSVP by November 15th for \$40 by contacting Derek Rousseau

Derek.Rousseau@oswego.edu or 315-312-4149

Cost of Attendance includes Lunch

Event Group Presentations for

Horizontal Jumps

Vertical Jumps

Distance Training

Throwing Events

Sprints and Hurdles

Strength and Conditioning New Topic for 2016

Featuring:

Lunch Time Q & A: The Ins and Outs of the College Recruiting Process