

***Student Sessions
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Once again we will be offering our student clinic on Saturday, Feb 9th at Okemos High School. The cost per student is \$15.00 and students will get to attend two sessions and receive a t-shirt. It is a great way to get your athletes pumped up, learn some new techniques or strategies, and start thinking about the upcoming season. Below is a list of the coaches who will be conducting sessions for us this year. Go to MITCA.ORG and get your students signed up today!!!

**Student Sessions – 1:00 to 2:30 and
2:45 to 4:15
(15.00 allows students to
attend both sessions)**

**Shot - Gene Grewe (Catholic Central)
Lyle McFadden (Lansing Sexton)
Jon Wozniak (Okemos)**

**Discus - Doug Grezeszak (Ogemaw Heights)
Rob Lasorsa (MF)**

Long Jump - Chris Jonik

High Jump - Rob Couturier (Okemos)

Vault - Dave Emeott (Kentwood)

Hurdles - Wayne Clark (MF)

Sprints - Mike Powell and Peter Juszczuk

**Distance - Paul Nilsson/Del Hessel/
Clint Verran**

stamp

Address



MITCA



PRESENTS THE

2008

TRACK AND
FIELD CLINIC

50th ANNIVERSARY

February 7- 9

Holiday Inn South

Lansing, Michigan

