

REGISTER **NOW**
FOR THE OUTSTANDING

DFW NATIONAL TRACK & FIELD CLINIC

FOUNDED BY JOHN MCKENZIE

JANUARY 8-10, 2016

*HELD AT THE LUXURIOUS
ARLINGTON HILTON
ARLINGTON, TEXAS*

WWW.DFWTRACKCLINIC.NET

SPONSORED BY:

THE UT ARLINGTON
TRACK & FIELD PROGRAM

AND



John McKenzie
Clinic Founder
and Director



John Sauerhage
Head Coach
UT Arlington



Jim VanHootegem
Head Coach
Oklahoma University



John Kenneson
Associate Head Coach
Texas Christian
University



Carl Sheffield
Head Coach
University of North Texas



David Self
Head Coach
Sam Houston State
University



Justin Leonard
Cross Country Coach
Southlake Carroll High
School



Wade Hayes
Assistant Coach
UT Arlington

SCHEDULE OF EVENTS

FRIDAY, JANUARY 8, 2016

4:00 - 7:00 p.m.
7:00 - 8:00 p.m.
8:00 - 9:00 p.m.
9:00 - 10:00 p.m.
10:00 - Midnight

Registration at the Arlington Hilton Hotel Ballroom

Carl Sheffield – Sprints Training

Justin Leonard – Distance Training

John McKenzie – Running Mechanics

Coach's Social – *SPONSORED BY RUNFAR RACING SERVICES*



SATURDAY, JANUARY 9, 2016

9:00 - 10:00 a.m.
10:00 - 11:00 a.m.
11:00 - 12:00 p.m.
12:00 - 2:00 p.m.

David Self – Hurdles Training

Jim VanHootegem – Jumps Training

John Kenneson – Throws Training

Lunch Break

Learn by Doing (Wear Activity Clothes)

<u>Rotation Times</u>	<u>Station</u>		
2:00 - 2:30 p.m.	1	David Self	Hurdles
2:30 - 3:00 p.m.	2	Jim VanHootegem	Long Jump
3:00 - 3:30 p.m.	3	John Kenneson	Discus
3:30 - 4:00 p.m.	4	Carl Sheffield	Starts

SUNDAY, JANUARY 10, 2016

Learn by Doing (Wear Activity Clothes)

<u>Rotation Times</u>	<u>Station</u>		
9:00 - 9:30 a.m.	1	Jim VanHootegem	Triple Jump
9:30 - 10:00 a.m.	2	John Kenneson	Shot Put
10:00 - 10:30 a.m.	3	Wade Hayes	Pole Vault
10:30 - 11:00 a.m.	4	Carl Sheffield	Relays

LODGING AND LOCATION:

ARLINGTON HILTON

2401 E. LAMAR BLVD.

ARLINGTON, TEXAS 76006

RATE: \$106.00 SINGLE AND DOUBLE, PLUS 15% TAX

MAKE YOUR HOTEL RESERVATIONS BEFORE JANUARY 1, 2016.

CALL (817) 640-3322 AND SAY YOU ARE WITH THE DFW NATIONAL TRACK AND FIELD CLINIC.

DFW National
Track & Field Clinic
January 8-10, 2016

Registration Fee: \$100.00 - Pre-Registration
\$120.00 - Late and Walk-up

Make Checks Payable To: **DFW National Track Clinic**

Name: _____

Home Address: _____ City: _____ State: _____ Zip: _____

Phone: Area Code (____) _____ Email: _____

School: _____

School Address: _____ City: _____ State: _____ Zip: _____

School Phone: Area Code (____) _____ Email: _____

Send Registration Form and Check To:

DFW National Track Clinic
P.O. Box 13872
Arlington, TX 76094

Or register at: www.DFWTrackClinic.net

* If paying by credit card (via PayPal), please visit our website.

** **Pre-Registration closes Monday, January 4, 2016**