

# 2<sup>ND</sup> ANNUAL YOUTH SPRINT DEVELOPMENT CLINIC

**IMPROVE YOUR SPEED, STRENGTH, AND TIMES**

PRESENTED BY:



2-Time Olympic  
Gold Medalist  
Monique Henderson



21-year veteran Olympic  
and high school coach  
Adam Henderson

**Sunday February 20, 2011  
Lincoln High School  
11:00am - 3:00pm**

## **Clinic Features:**

- ✚ Learn-by-doing from Olympic Gold Medalist Monique Henderson and veteran Coach Adam Henderson, as they teach world-class drills and techniques.
- ✚ This 4-hour clinic is perfect for sprinters, football players, and any athletes that want to improve their running form, increase their strength, and improve their times!
- ✚ Open to Boys & Girls Ages 10 - 18 years

**Same day registration from 10:00am – 10:45am**

**\$25.00 per Participant - Cash only please**

**Registration Form on backside**

**Parent signature required for participants less than 18 yrs.**

**For more information contact:**

**Coach Adam Henderson**

**(619) 370-8707**

**[ahende400@yahoo.com](mailto:ahende400@yahoo.com)**

2010 REGISTRATION FORM

# Youth Development Sprint Clinic

Sunday, February 20, 2011

Lincoln High School

*Please fill out entire form and bring to clinic along with \$25.00 registration fee.  
Same day registration will be accepted.*

<i>Name of Athlete</i>			
<i>Address</i>			
<i>Age</i>		<i>Gender</i>	
<i>Grade</i>		<i>School</i>	

I give permission for my child \_\_\_\_\_  
to participate in the 2<sup>nd</sup> Annual Youth Development Sprint Clinic on February 20,  
2011 from 11:00am - 3:00pm.

In case of an emergency, I give permission for my child to receive medical treatment.  
In case of such an emergency, please contact:

Name \_\_\_\_\_ Phone \_\_\_\_\_

Parent/Guardian  
Signature \_\_\_\_\_ Date \_\_\_\_\_