



Track & Field LUNCH & LEARN PROGRAM

November 16, 2016

- 8:30 a.m. - 9:00 a.m.** - **Registration**
- 9:00 a.m. - 9:45 a.m.** - **“Rotational Technique-Shot & Discus”**
Paul Brueske, Head Track Coach, University of South Alabama
- 9:45 a.m. – 10:00 a.m.** - **Break**
- 10:00 a.m. – 10:45 a.m.** - **Guided “Buzz” Session**
- 10:45 a.m. – 11:00 a.m.** - **Break**
- 11:00 a.m. – 11:45 a.m.** - **AHSAA Updates and Questions & Answers**
- 11:45 a.m. - 12:15 p.m.** - **Lunch and Small Groups (lunch provided)**
- 12:15 p.m. – 1:00 p.m.** - **“Glide Shot Put”**
Paul Brueske, Head Track Coach, University of South Alabama
- 1:00 p.m. – 1:15 pm.** - **Break**
- 1:15 p.m. – 2:00 p.m.** - **“Javelin”**
Paul Brueske, Head Track Coach, University of South Alabama
- 2:00 p.m. – 2:15 p.m.** - **Wrap-up and Door Prizes**

CERTIFICATE OF ATTENDANCE WILL BE GIVEN AT THE CONCLUSION OF THE CLINIC
Location of Clinic: 7325 Halcyon Summit Drive, Montgomery, AL