All Coaches and Athletes Welcome.

Boys and Girls ages 12 and up

March 3, 2007
9:00am - 3:00pm
At Elon University
Elon, North Carolina

Pre-Registration Form

LIMITED SPACES AVAILABLE — Must be received by 02/26/07

Name:
Address:
Phone:
Amount Enclosed:

Return form and checks to:
MATTHEW RODEN
ELON UNIVERSITY
2500 CAMPUS BOX
ELON, NC 27244

For Questions or More Info Please Contact:
Matthew Roden - Asst. Meet Director
Office: 336.278.6818
Email: mroden@elon.edu

Directions to Elon University

- Take Interstate 85/40 to Exit 140 (University Drive). From southbound 85/40, exit right and turn right. From northbound 85/40, exit right and turn left.
- At the first stoplight (shopping center entrance), turn right onto St. Mark's Church Road.
- Follow this road for 2.6 miles. Note that the road's name changes to Williamson Ave. after you cross S. Church Street. You will cross railroad tracks as you enter the campus area.
- Continue straight (approx. 1/2 mile) and turn right into Rhodes Stadium (Football) parking lot.

* Weather make up on following day—Sunday March 4
Elon University would like to welcome all coaches and athletes to our One Day Track & Field Clinic. This clinic is open to all Track & Field participants with the desire to learn more about their respective events through drills, lectures and hands on experience.

The clinic and its staff have only one purpose in mind and that is to provide for each athlete and coach the opportunity to better themselves in the sport of Track and Field by using the latest in drills and training techniques.

Our clinic will be divided into four 60-minute sessions. Each clinician will speak twice during the course of the day. There will be four to five instructors to choose from at the same time during each session.

Exciting raffle during lunch break— various athletic apparel, etc. Tickets available throughout day.

Clinic Schedule:

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00-9:30</td>
<td>Registration/Check-in</td>
</tr>
<tr>
<td>9:30-10:30</td>
<td>Session One</td>
</tr>
<tr>
<td>10:30-11:30</td>
<td>Session Two</td>
</tr>
<tr>
<td>11:30-12:30</td>
<td><strong>Lunch/Break</strong></td>
</tr>
<tr>
<td>12:30-1:30</td>
<td>Session Three</td>
</tr>
<tr>
<td>1:30-2:30</td>
<td>Session Four</td>
</tr>
<tr>
<td>2:30-3:00</td>
<td>Weight Training</td>
</tr>
</tbody>
</table>

**Lunches will be available for purchase**

Clinic Staff:

Mark Elliston - Elon Univ.
20 years college coaching experience, numerous all-Americans and conference champions. National Champion—Decathlon (HJ-7’2”)

Jackie Smbati - Elon Univ.
7 years college coaching experience. Cross-Country and Distance Coach at Elon. Coached two current SoCon Rookie XC MVPs.

Matthew Roden - Elon Univ.
Current Throws Coach at Elon. All-Conference and Current School Record Holder at Unc-Wilmington. Assisted several high caliber athletes.

Todd Poremba - Elon Univ.

*As well as other qualified clinicians*

Clinic Rates:

*LIMITED ENTRANTS*

Pre-Registration
(must be received by 02/26/07)
$25.00 - Students/Coaches

At The Door Registration
$35.00 - Students/Coaches

**Apparel and Lunches will be available for purchase**