



Ripon College

Athlete & Coaches Training Day – Athletics (Track & Field)

This athlete training day will provide SOWI athletes the opportunity to learn skills in track and field from collegiate athletes. Coaches will receive training in track and field as well as general coaching information from a skilled clinician.

DATE: Saturday, March 9, 2019. Registration deadline is Friday, March 1, 2019.

TIME: 10:00 am - 12:00 pm

LOCATION: Ripon College's Willmore Center

Intersection of Union St. and W Thorne St., Ripon, WI 54971

HOSTED BY: Ripon College Student Athletic Leadership Team

COACHES TRAINING CLINICIAN: Bill Semmens

DRESS: Dress to participate! Please bring clean shoes to change into.

RETURN NO LATER THAN Friday, March 1st:

Brittany Hoegh, Director of Training

Special Olympics Wisconsin

2310 Crossroads Dr. Suite 1000, Madison, WI 53718

Phone: 608-442-5683, fax: 608-222-3578

bhoegh@specialolympicswisconsin.org

NAME: _____ **AGENCY:** _____

Are you (please check one)? ☐ Athlete ☐ New Coach ☐ Experienced Coach – how many years coaching? _____

COACHES ONLY:

ADDRESS: _____ **CITY & ZIP:** _____

HOME PHONE: _____ **EMAIL:** _____

Are you a registered Class A Volunteer for Special Olympics Wisconsin? ☐ YES ☐ NO

Have you completed the on-line General Coaches Certification? ☐ YES ☐ NO

What age group do you work with: ☐ Youth ☐ Adults

How often do you practice? ☐ 1x/week ☐ 2-3x/week ☐ 4-5x/week

What would you most like to learn about? (Please number 1-4 with 1 being your highest priority)

_____ Overview of rules _____ Training/Practice Tips _____ Sport specific drills _____ Working with athletes

Other: _____
