

1ST ANNUAL MAKE DUST or EAT DUST Sprints & Throws Clinic



PRESENTED BY :

Mesa State College
MISC
Track & Field



**Are you as good as you
want to be.....**

MAXIMIZE your *athletic*
POTENTIAL!!!

-WHEN-
July 9, 10 & 11

-WHERE-
Mesa State College Track
Located behind Grand Junction High School

-TIME-
Check in & Assessments will begin at 2 p.m.
Clinic Time:
Fri (2- 6:30) Sat (9- 5) Sun (9-Noon)
(lunch will be on your own)

HOPE TO SEE YOU THERE!

If you have any questions about the clinic please call 970-248-1135 Or email mesaspeedclinics@gmail.com

**-WE BELIEVE THAT EVERY
ATHLETE WHO WANTS TO BE
AMAZING CAN BE-**

So grab your water bottles, lace those sneakers and join MSC Head Coach Katrice Thomas, assistant throws coach Kami Williams. former professional arena football player Thal Woods & 50/50 Sports Performance for a hands on learning experience which will provide YOU with the knowledge to EXPLODE past your competitors.



- Clinic Will Include -

- ◆ Video & Conditioning Assessments
- ◆ Proper Warm-Up & Injury Prevention
- ◆ Form & Body Mechanics
- ◆ Sport Specific Question & Answer Sessions
- ◆ Sports Nutrition Session
- ◆ Hands on coaching & practice sessions
- ◆ Sneak peak of Mesa State College Campus
- ◆ Surprise end of clinic activity

SECURE YOUR SPOT TODAY!

Send an email with your full name, address, phone number, birthday, email and the sport(s) you play at which in high school to mesaspeedclinics@gmail.com

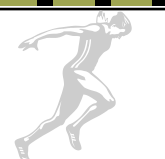
And bring the \$75 fee & the signed form to the Make Dust Clinic OR

Mail or drop off the completed form along with the fee

Early Registration MUST be received by July 6, 2010

We will accept onsite registration
Late registers will pay an additional \$25

Name (please print) _____
Full Address _____
Phone number _____
Birthday _____
Email Address _____
High School _____
Sport (s) you currently participate in _____



Bring this signed form & \$75 clinic fee to the track on July 6th or mail or drop off this form (fee is \$100 if you have not registered online before July 6th.)

Make Dust Clinic
Attn: Katrice Thomas
1100 North Ave.
Grand Junction, CO 81501

Please make checks out to
Mesa State Track and Field

Release and Liability (signatures required)

In consideration of the Make Dust or Eat Dust Sprints and Throws Clinic of Mesa State College/5050 Sports Performance, granting the student permission to participate in the clinic, I hereby assume all risks of his/her personal injury that may result from any Clinic activity. As parent/guardian, I do hereby release Mesa State College, the Sprints & Throws Clinic, 5050 Sports Performance and their offices, employees, and agents and all instructors and all participants in said Clinic program from liability, including claims and suits at law or inequity, for injury which may result from the student taking part in any Clinic activity.

Signature _____ Date _____

Signature of parent or guardian if under 18 years of age. _____ Date _____