

# Clinic Information

## Clinic Activities include:

One-on-one instruction  
Sprint Drill instruction  
Approach work  
Technique work  
Plyometric work  
Strength Development for the Jumps  
Video Analysis

## Clinic Schedule:

9:00am	Registration/Check-in
9:15am	Camp Overview/Introductions
9:30am	Jumpers Dynamic warm-up
9:45am	Sprint /Hurdle Mobility Drills
10:15am	PlyoMetric Drill session (Boxes,Hurdles,Bounding)
11:00am	Approach Work
(Runway Mechanics) Triple, Long, High Jump)	
11:45am	Lunch / Video Analysis Q&A session
12:30pm	Event Specific sessions
2:00pm	Clinic Conclude

Contact Info  
Phone: 704.502.1929  
E-mail: [info@elitejumpsacademy.com](mailto:info@elitejumpsacademy.com)

# Clinic Highlights

- Coaching staff include USA champions, NCAA Champions, All-Americans, current professional athletes and Division I coaches.
- Athletes will learn the basic fundamentals of the jumping events in which they choose to compete in.
- Athletes will be grouped by their age
- Video Analysis of Professional Jumpers (Live Demonstrations from Elite Athletes)
- One-on-one Technique Instruction

## Why choose Elite Jumps Clinic?

To be the best jumper and reach your true potential you must have access to elite coaches and elite athletes. If you desire to get to the next level, compete at Junior Olympics, qualify for the state meet or just improve your personal record it is critical to learn proper technique and skills. This clinic will help you develop and reach your potential by teaching you how to train for you event from the warm up to the cool down.



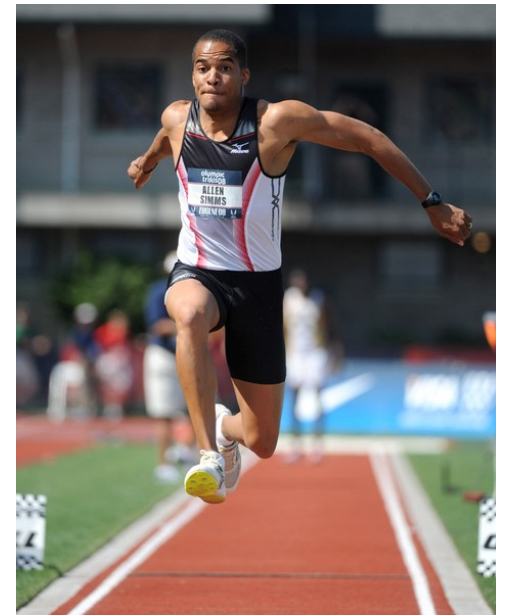
[ELITEJUMPSACADEMY.COM](http://ELITEJUMPSACADEMY.COM)



## ELITE JUMPS ACADEMY

### Youth Development Jumps Clinic

High, Long and Triple Jump



Sunday, May 3rd 2009  
9am-2pm

Davidson College  
Irwin Belk Track

# Clinic Coaches

## Allen Simms

Assistant Men's Track and Field Coach

- Elite Athlete in the Triple PB 17.26m (56'7")
- 2004 USA indoor , 2003 NCAA indoor Champion in the triple jump
- USC and PAC-10 record holder
- 6th at 2008 Olympic Trials
- 2003.2004.2005.2006 World Championship participate
- 7 time NCAA All-American

## Shakeema Walker-Welsch

- Silver Medalist in Triple jump at USA Olympic Trials 2004, 2008
- 7th place in Triple Jump at USA Olympic Trials 2000
- Member of Penn State Sports Museum Hall of Fame 2000
- Big Ten Champion (Gold Medalist) in Triple Jump 1999
- Seven time All-American in both Long Jump and Triple jump 1997-1999
- Penn State Track and Field Team Captain 1998-1999

## Raymond Brewer

- Assistant Women's (Sprints/Hurdles/Jumps) Track and Field Coach
- High Jumper was NCAA Div I Qualifier and Freshman of the year
- 8 NCAA Div II Qualifiers

As well as other NCAA Div I Athletes and Coaches

# General Information

**Where:** Davidson College– Richardson Stadium  
Irvin Belk Track, Davidson, North Carolina

**What to Bring:** Sports Gear. Training Shoes, jumping Spikes if you have them, Shorts or Sweats depending on weather. Water bottle, light lunch (sandwich, fruit, etc...)

**Camp Cost:** \$40 Preregistration  
\$45 On-site registration

**Where to meet:** Richardson Stadium on the track at the high jump pit. There will be a desk setup for Registration.

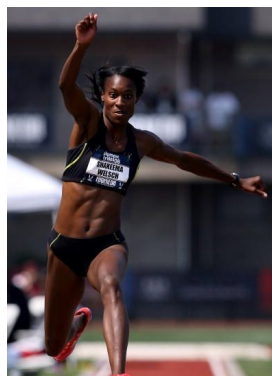
**Parking** is available on campus in Lot H

**Refund:** If need to cancel, full refund will be issued only up until 7 days prior to event. Not after or on clinic day-

**Ages:** 8-18 (Triple Jump-10 and up)

### Athlete Info:

Name: \_\_\_\_\_  
 Event(s): \_\_\_\_\_  
 Gender: \_\_\_\_\_  
 Age: \_\_\_\_\_  
 Training Age: \_\_\_\_\_  
 (How many years in sports)  
 Personal Record: \_\_\_\_\_  
 Goals \_\_\_\_\_  
 School: \_\_\_\_\_  
 Coach: \_\_\_\_\_  
 Coaches Number \_\_\_\_\_



# EliteJumps Academy

## Clinic Registration

**Athlete:** \_\_\_\_\_

**Address** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Health Insurance Company:** \_\_\_\_\_  
 \_\_\_\_\_

**Policy#** \_\_\_\_\_

### Liability waiver Parental Consent:

I hereby grant permission for my child to attend the 2009 EliteJumps Academy Clinic. I verify that my child has had a physical exam in the last year and is capable of participating in the activities related to the clinic (sprinting, jumping, drills, etc...). I agree to indemnify, hold harmless and defend EliteJumps Academy, Davidson College, and all coaches/helpers working the clinic for all liability for injury to my child, as well as any injury or damage caused by my child. I hereby authorize any coaches or athletic trainer selected by the clinic personnel to order and conduct any medical procedures necessary.

### Parent Signature

Elitejumps Academy is a sports organization under USATF.

Mail this form with a check payable to  
EliteJumps Academy.

P.O Box 622071, Charlotte, NC, 28262

