

# HERSHEY TRACK & FIELD YOUTH CLINIC

**Dates:**

**April 14, 21, 28 and May 5, 12**

**Time:**

**5:00pm to 7:00pm**

**Location: Hershey High School Track**

The Trojan Track and Field Clinic will provide boys and girls ages 8-14 with an opportunity to explore the different events in the world of track & field. Participants will learn proper running technique, sprinting and distance running, relay racing, hurdling, starting techniques, long, triple and high jumping, shot put, discus, softball throw and gain conditioning as well.

**Evening Schedule**

Warm-up Run  
Stretching  
Form Drills  
Event Training  
Relays  
Guest Speakers

**Facilities**

All Weather Track  
Locker Rooms

**Instructors**

Hershey High School Track Coaches and Athletes

**Cost:**

\$50 residents/\$55 non-resident  
(includes t-shirt and water  
bottle)

Sponsored by:

**The Inside Track**

Contact Information:

Kevin Stover

(717)-531-2222 ext.4026

kstover@hershey.k12.pa.us

Applications are available on the Derry Township website under athletics and varsity track. Registration will also be collected on April 15th at the clinic.



The clinic will allow local Derry Township youths the opportunity to prepare for the upcoming Hershey Track & Field Meets, which start in June and conclude August. The last clinic day will feature a fun and competitive track and field meet between everyone who has participated. Athletes should come dressed to participate in physical activities (sneakers, shorts, t-shirts, etc.).