

# VENTURA TIGRES YOUTH TRACK CLUB

PROUDLY PRESENTS

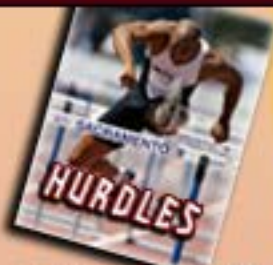
## OLYMPIC TRACK AND FIELD SKILLS CLINIC

**The Concept:** Learn skills from some of the greatest athletes in USA Track and Field history.

**The Format:** Sessions choices are High Jump, Long Jump or Hurdles.

(Shot Put and Starts/Sprint technique may be added & each session is 2 hours and athletes can choose either one session or both.)

### THE FEATURED INSTRUCTORS ARE



**DR. MARK CREAR**

Dr. Mark Crear is a 2 time Olympian, Olympic Silver and Bronze Medalist



**DWIGHT STONES**

Dwight Stones is a 3 time Olympian, 2 times Olympic Bronze medalist and 3 time World Record Holder



**MIKE POWELL**

Mike Powell is a 2 time Olympian, 2 time Olympic Silver medalist and current World Record Holder



**RAMONA PAGEL**

Ramona Pagel is a 4 consecutive times Olympian, and held the American record for 25 years

### WHO SHOULD ATTEND

All Youth and High School athletes that want instruction from Olympic Medalists. Recommend for High Jumpers who have jumped 4', long Jumpers who have jumped 10' and anyone currently competing in hurdles.

**When:** Sunday, March 9th  
Session One (2:00-4:00)  
Session Two (4:00-6:00)

**Where:** Buena High School Track  
Ventura, California

**\$75 PER SESSION  
OR  
\$100 FOR BOTH**

**TO REGISTER: GO TO [WWW.VENTURATIGRES.ORG/OLYMPIC-SKILLS-CLINIC](http://WWW.VENTURATIGRES.ORG/OLYMPIC-SKILLS-CLINIC)**