Buena Vista Beaver Sprint & Hurdle Clinic
Sunday, February 17th, 2013 (1:00pm – 3:30pm)
Sunday, March 3rd, 2013 (1:00pm – 3:30pm)
  • Topics: 100/110m and 400m Hurdle Instruction, Sprint Mechanics & Drills

Buena Vista Beaver Throws Clinic
Sunday, February 17th, 2013 (1:00pm – 3:30pm)
Sunday, March 3rd, 2013 (1:00pm – 3:30pm)
  • Topics: Shot Put Training (Glide & Spin), Discus Training, and Strength Training

Buena Vista Beaver Jumps Clinic
Sunday, February 17th, 2013 (1:00pm – 3:30pm)
Sunday, March 3rd, 2013 (1:00pm – 3:30pm)
  • Topics: Long Jump and High Jump Training

Buena Vista Beaver Mid-Distance/Distance Running Clinic
Sunday, February 17th, 2013 (1:00pm – 3:30pm)
Sunday, March 3rd, 2013 (1:00pm – 3:30pm)
  • Topics: Middle Distance to Distance Event (800m-3200m) Training

Coaches:
  • Jeff Brennan Head XC/Track & Field Coach
    o Athlete @ Buena Vista University (All American, 5th 800m, 4x National Qualifier, 7 time Indoor/Outdoor All-Conference, 6 School Records including the indoor and outdoor 800, 2x All-Conference Football, 2x All-West Regional, Honorable Mention USA Today All-American Football, 2 School Records)
    o Coach @ Storm Lake High School (4x Lakes Conference Champs, 3 Top 8 finishes @ the State Track Meet, 2x NW Regional and Lakes Conference Coach of the Year, 3 individual State Champs, 4 individual Runner-ups, 26 State Medalist, Level 1 Coaching Certification)
    o Coach @ Buena Vista University- 5 IIAC Individual Conference Championships, 15 All Conference performances, 2012 Outdoor season: Best outdoor conference finish since 2007.
  • Robert Rands Assistant XC/Track & Field Coach (Jumps/Sprints Coach)
    o Competed at University of Nebraska (Lincoln) where he was a three time top-10 finisher at the Big XII Conference Championships.
    o Personal bests include 46’2-75” in the triple jump, 25’1” in the long jump, and 7.07 seconds in the 60 meter dash.
- Previous coaching experience with Lincoln Lutheran High School, Bellevue Breeze Track Club, Midland University, and student coach for the Huskers from 2008-2010.

- Jim Nichols Assistant Track & Field Coach (Sprints/Hurdles Coach)
  - Jim has over 30 years of Track & Field coaching experience at the collegiate, high school, and junior high levels
  - Coached multiple state and conference champions at the high school level
  - Guided hurdlers/sprinters such as Logan Masters, Alex Spielman, and Slone Masters to state championships and medals at the high school level and helped guide collegiate hurdlers/sprinters such as Shawn Olorundami and Eric Bertelsen to All-American honors

- Steven Ricke Student Assistant Coach (Throws Coach)
  - 8x Letter Winner for the Beavers from 2007-2010
  - BVU Record Holder in the Weight Throw & Hammer Throw
  - Multiple IIAC All-Conference Performer in the Weight Throw, Hammer Throw, & Shot Put

Location: Lamberti Recreation Building on BVU’s Campus

Registration Form (print clearly)

Name:________________________________________________________________________

Coach or Athlete:___________________________________________ Grade Level:_________

School:____________________________________ Email Address:_______________________

Circles Clinic(s) you will attend: Sprints/Hurdles: 2/17 3/3 Throws: 2/17 3/3
  Jumps: 2/17 3/3 Mid-Distance/Distance: 2/17 3/3

Cost: 1 Clinic - $30 (includes T-shirt)

Cost: 2 Clinics - $60 (includes 2 T-shirts)

Shirt Size (Circle) – XL L M S

Group Rate: 5 or more mailed together: subtract $5 per person/coaches are free with 5+ athletes
(postmarked 1 week prior to the clinic date)

We will accept registration at the door, but we cannot guarantee you a t-shirt or size.

Mail Checks and Registration to: Buena Vista University Track & Field
610 W. 4th Street
Storm Lake, IA 50588