



# Wyalusing Indoor Throws/Jump Clinic



Sunday, January 19, 2014

Time: 10:00 am—4:00 pm

Where: Wyalusing Valley Jr/Sr High School  
11364 Wyalusing New Albany Road  
Wyalusing, PA 18853

Cost: \$25 per athlete, max of \$100 per team per gender  
\$25 per coach, Coach is free with 4 or more athletes

Events: We will cover the following events: Shot Put, Long Jump, High Jump, and Triple Jump.

Clinician: Greg Schmidt, a field events, multi event and strength and conditioning specialist, Coach Schmidt has had success at every level of collegiate track and field from Division 1 Junior College, NAIA and Divisions I, II, and III of the NCAA. Through these levels he coached 3 National Champions and 15 All Americans. As a testament to his versatility, he has also had coached athletes to improvements of 25% in a single season. A native of Palmyra, NJ Coach Schmidt is also a successful strength and conditioning coach and Olympic weightlifting coach. He is certified Performance Enhancement Specialist with NASM and is working towards completing his Level 2 Senior Coach Certification of USA Weightlifting.

Philosophy: The Indoor Clinic is designed to help the high school athlete of every level excel at their event. We will cover basics drills, techniques, and training for each event; as well as proper warm up, mental preparation for competition, and advanced techniques. The Wyalusing Valley Jr/Sr High School has two full size gymnasiums and weight room for our use during the clinic.

Contact: James Schools, Head Track and Field Coach, Wyalusing Valley High School

Email: [jschools@wyalusingrams.com](mailto:jschools@wyalusingrams.com)

Cell Phone: 570-637-0258

Coach Session: There is a possibility of a coach's session at the end of the clinic, if you are interested in participating in this clinic, let me know. Coaches sessions will include presentation both on progression of drills as well as presentation on program design. Will include drills, plyometrics, strength and conditioning and Olympic weightlifting.