

Deer Creek-Lamont Track & Field Clinic powered by Jet Speed Athletics – Register Here

https://docs.google.com/forms/d/1Al3zMbpS2pdRP83BNqQmg_tXCo1e4sSySS1UyHK2wiU/edit

Junior High & High School - 6 hours - \$75 (lunch included)

Saturday Jun 24, 2023

8:00am-10:00am - Running Clinic

10:00am - 2:00pm - Field Events Clinic

Clinic led by Jay Miller

-Founder and Head Coach of Jet Speed Athletics

-State record holder 1989-2021 in men's 800 meter run (1:57.3)

What to Expect:

-drills

-breaking down running mechanics

-running analysis

-field event reps & coaching

Call or text 405-820-7845 for more information

Deer Creek-Lamont Pole Vault Clinic - Register Here

https://docs.google.com/forms/d/1WWohVCv1d38IFtJEbDXIUOHsLXoxGjnsY-wdhX_eYD8/edit

Beginner/Intermediate Vaulters - 4 hours - \$100 (lunch included)

Saturday Jun 24, 2023 from 10:00am to 2:00pm

Clinic led by Jesse Leak & Brian Bachman

-both collegiate decathletes

-both 14' pole vaulters

What to Expect:

-drills

-breaking down vaulting into phases

-full approach

-video analysis

Call or text 405-820-7845 for more information