

2010 YOUTH SPRINT DEVELOPMENT CLINIC

INCREASE YOUR SPEED, STRENGTH, AND TIMES

PRESENTED BY:



2-Time Olympic
Gold Medalist
Monique Henderson



20-year veteran Olympic
and high school coach
Adam Henderson

**Sunday, January 31, 2010
Lincoln High School
11:00am - 3:00pm**

Clinic Features:

- ✚ Learn-by-doing from Olympic Gold Medalist Monique Henderson and veteran Coach Adam Henderson, as they teach world-class drills and techniques.
- ✚ This 4-hour clinic is perfect for sprinters, football players, and any athletes that want to improve their running form, increase their strength, and improve their times!
- ✚ Open to Boys & Girls Ages 12 - 18 years

Same day registration from 10:00am – 10:45am

\$20.00 per Participant - Cash only please

Parent signature required for participants under 18 yrs.

[Click Here for a registration Form](#)

**For more information:
Coach Adam Henderson
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