

Parkersburg South Track & Field Skills Clinic

When: Saturday, April 2, 2022 and Saturday, May 14, 2022

Time: Elementary: 9:00am - 10:30am Middle School: 11:00am - 12:30pm

Where: Erickson All-Sports Complex 305 Erickson Blvd. Parkersburg, WV

Cost: Donation – Benefits South Track & Field



Instruction on:

Running Form

Blocks

Hurdles

Throwing Events

Jumping Events

Pole Vault (Middle School only)

Distance

Sprints

Injury Prevention

Core Strength

Stretching

Cooling Down