



Summer Track & Field

At
The College of New Jersey



Lions' Track & Field Clinic
Saturday, June 19, 2004

Track & Field Meets

Tuesdays at 6 p.m.
June 15 & 22

Lions' Track & Field Clinic

Saturday, June 19, 2004

Clinic Fee is \$75

Coaches may accompany their athletes for free
Each participant will receive a T-Shirt

Clinic Schedule

9:00-9:30	Registration
9:30-9:45	Staff Introduction
9:45-10:00	Group Warm up
10:00-11:30	Event Session One
	Sprints, Discus, High Jump
	Pole Vault I
11:30-12:00	Lunch
12:30-1:00	Strength Training & Plyometrics
1:00-2:30	Event Session Two
	Hurdles, Long Jump, Shot Put,
	Javelin, Pole Vault II
2:30-3:00	Coaches Available for questions

To register, complete the form on the opposite side and mail with a payment check.

**For more information please visit TCNJ
"Camps & Clinics" section at:**

<http://www.tcnjathletics.com>

Track & Field Series

Tuesdays at 6 p.m.

June 15 & 22

Order of Events

<u>Running</u>		<u>Field</u>
6:00	100m	Discus/ Long Jump/Pole Vault
6:15	1600m	
6:30	400m	
6:45	800m	
7:00	200m	Shot Put/ High Jump/Javelin
7:15	3200m	
7:45	4x100m Relay	

Entry Fee \$5 per athlete (unlimited entries)
No pre-registration needed. **All ages welcome**

Directions: The College of New Jersey is located in Ewing Township in Central New Jersey. The campus is readily accessible from I-295 north (which becomes 95 South) or traveling north on I-95 from Pennsylvania.

Off I-95 take exit 4, Route 31 South (Pennington Road). Follow Route 31 south for 1.5 miles, make a left into the college entrance. Once you have entered campus, bear to the right and the track is 1/4 mile on the left side.



DIRECTOR

Steve Dolan



Steve Dolan has been leading The College of New Jersey's cross country and track and field program the last eleven years. Under Dolan's tenure, the Lions have become a regional power and are among the elite teams in NCAA Division III. Dolan

currently works with the Lions' sprinters and hurdlers, who rewrote TCNJ's record books in 2003.

Over the course of his coaching career at TCNJ, Dolan has already coached 54 All-American performers, who have earned 101 All-American citations. He has been honored as the NCAA Regional Coach of the Year on ten occasions, most recently as the 2003 Division III Atlantic Regional Men's Indoor Track and Field Coach of the Year.

Dolan is a 1992 graduate of the University of St. Thomas (St. Paul, MN). Dolan won the NCAA Division III track and field decathlon national championship. Dolan was named to the Minnesota Interscholastic Conference Academic team and set St. Thomas school records in the decathlon, pentathlon and javelin. He was recently inducted into the University of St. Thomas Athletic Hall of Fame.

To contact Steve Dolan:

Email trackxc@tcnj.edu

Phone 609-771-2975

TCNJ COACHING STAFF

Tim Collins has done an outstanding job as TCNJ distance coach for the past 8 years. He has coached both men's and women's national champions at 5,000m while at TCNJ. Collins competed at La Salle and captained the Explorer's track team.

Phil Jennings serves as the assistant distance coach at TCNJ. He captained Hamilton College's cross country and track teams while competing at Hamilton College.

Dan Mullen has led many TCNJ jumpers and hurdlers to All-American status over the past 5 years. Mullen was an NCAA Qualifier in the high jump and the decathlon in his competitive days.

Herb Rodriguez has coached TCNJ throwers to a great deal of success over the last eight years. Rodriguez is a 1992 Olympic Games participant for El Salvador in the discus. Herb is the El Salvador and Central American record holder in both the discus and 35 pound weight throw.

Travis Trumbly was a four-time TCNJ Scholar-Athlete and a two-sport athlete at TCNJ, starring in both swimming and diving and track and field for the Lions. Trumbly leads a very competitive group of men's and women's pole vaulters at The College of New Jersey.

*Lions' Track & Field Clinic will be lead by TCNJ's outstanding staff and a number of excellent visiting coaches

Lions' Track & Field Clinic Registration Form

Name _____

Address _____

City _____

State _____ Zip _____

Phone (____) _____

E-Mail _____

Age _____ Grade Entering _____

School _____

☐ Male ☐ Female

T-Shirt Size S M L XL

Athletes are to choose one event from each session

Event Session I (Circle One)

Sprints, Discus, High Jump, Pole Vault I

Event Session II (Circle One)

Hurdles, Long Jump, Shot Put, Javelin, Pole Vault II

I submit that my child is physically fit. I understand that injuries can occur in sports activities. I waive and release all claims if he/she is injured at the clinic.

X _____

Parent/Guardian Signature

Make checks payable to:

Lions' Sports Camps
55 Willis Drive
Ewing, NJ 08628

Official Use only:

Date: _____

Check # _____