

ALL COMERS 2019 SPRING SPORT PRESEASON CLINIC

SATURDAY, JANUARY 26, 2019 – Campolindo High School, Moraga

This clinic is open to all youth and high school athletes and parents.

Registration Fee = \$10 per participant
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Clinic registration conducted in front of the Campolindo multi-use room (MUR). Classroom presentations and some practical demonstrations held in MUR. Other practical demonstrations held in athletic stadium.

Participants should wear athletic clothing and footwear for participation in practical demonstrations. Additional recommended items include notebooks and writing implements for note taking, foam rollers or other personal massage therapy equipment, snacks, water or other beverages and a packed lunch.

7:45am REGISTRATION outside MU

8:00am MUR practical SESSION (55 min.)
Core fitness– Practical applications for biomechanical excellence

9:00am MUR classroom SESSION (55 min.)
Fundamentals of Championship Attitude

10:00am MUR classroom SESSION (55 min.)
Nutrition & Rest– Foundations for performance improvement

11:00am MUR practical SESSION (40 min.)
Recovery strategies– Rope stretching, self massage

11:45am LUNCH in MU (participants must bring their own packed lunches)

12:15pm MU SESSION (70 min.)
Sport psychology– Mental approaches to training and competition

1:30pm STADIUM practical SESSION (90 min.)
General movement prep, strength training & neuromuscular development

3:00pm CLINIC COMPLETION – Distance Group

3:15pm CLINIC COMPLETION – Speed Group / Throw Group