

Coaches High Jump Clinic

When: Saturday December 15

Where: Lake Park High School West Campus. 500 West Bryn Mawr Avenue, Roselle, IL 60172. We will meet in the front entranceway.

What: 9am to 3pm on Saturday December 15.

Who: This clinic is for any coach that would like to learn more about the high jump to get ready for the upcoming season. We will be using an athlete to model what we show in the classroom.

Tentative Schedule:

9am – 10am Classroom Presentation

10:10am-10:40am Modeling in Field House

10:40am-11:40am Classroom Presentation

11:50am-12:20pm Modeling in Field House

12:30pm-1:15pm Lunch Provided

1:20pm-2:20pm Classroom Presentation

2:20pm-2:50 Modeling in Field House

2:50-3:00pm Closing/Survey



Cost: \$95 for one day

Instructor: Joey Pacione is entering his first year as a coach for Lake Park. The previous 4 years, he coached jumps, sprints, and hurdles at the collegiate level, including the last 3 at Division 1 SIU Edwardsville. In his 4 years, he coached athletes to a combined 8 national championships, including Julian Harvey qualifying 2 times in high jump. His athletes achieved 14 all conference high jump finishes in the Ohio Valley Conference, including 6 medalists and one conference champion. The high jumpers occupy 10 all-time top 5 performances at SIUE including 2 school records. His athletes improved an average of 3 inches from high school, with best performances of 7'3 and 6'8.25 for men and two 5'7 women.

Registration: Signup online at www.dupagetrackclub.org and follow the directions. Deadline for signing up will be Friday December 7.

Filming: No filming of the clinic will be allowed.

Lunch: Will be catered and provided.