

# TRACK & FIELD FESTIVAL 2020 MARCH 20/21

**2020 Vision for the Future** is this year's theme. Come and learn from some of the best in the country, so that you can use the knowledge you gain throughout all of your future years of coaching and competing.

**2** Days of hands on training by professionals for professionals and athletes.

**7** World Class, Olympic and Collegiate coaches and athletes

**12** Track disciplines represented, including strength.

**?** A surprise guest!

## HOSTED BY VERMONT TECH

**FRIDAY** is on track day in the afternoon, tentatively 3-6pm (location TBD). Athletes and coaches have the opportunity to learn from and work directly with our professional coaches.

**SATURDAY** is at Vermont Tech - Randolph Campus featuring more hands on sessions. There will be some elements of classroom training, however most sessions will be in the gym or weight room, or outside (weather permitting).

Strength training and power lifting will be one general session for all disciplines.

Registration is open now with an early bird discount for anyone who registers before January 15.

Registration form available on-line [athletics.vtc.edu](http://athletics.vtc.edu).

Refunds available for cancellations before March 1.

### Expected coaches include:

Sprints & Hurdles: Sheila Burrell

Long Jump and Triple Jump: Dr. Craig Poole

High Jump: Dave Kerin

Pole Vault: Chris Sandoli

Throws: Tappio Kuusela

Middle Distance: Doug Padilla

Distance: Frank Shorter and Pablo Vigil

Strength: Chris Polakowski



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## REGISTRATION

**\$100** Individual Coach Fee  
BEFORE Jan 15

**\$125** Individual Coach Fee  
Jan 15 - Mar 1

**\$150** Individual Coach Fee  
After Mar 1

**\$500** Maximum Fee for one  
organization  
(max 6 coaches)

Registration includes  
Saturday light  
breakfast & lunch.

Return registration form to  
VTC Athletics, PO Box 500,  
Randolph Center, VT 05061 or  
e-mail to [athletics@vtc.edu](mailto:athletics@vtc.edu)

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## HOSTED BY VERMONT TECH

Organization \_\_\_\_\_

### Billing

Check will be mailed \_\_\_\_\_

Send invoice \_\_\_\_\_

attn: \_\_\_\_\_

### Attendees

Name \_\_\_\_\_

e-mail \_\_\_\_\_

Name \_\_\_\_\_

e-mail \_\_\_\_\_

Name \_\_\_\_\_

e-mail \_\_\_\_\_

Name \_\_\_\_\_

e-mail \_\_\_\_\_

Include additional attendees on  
back or separate paper

