



Elements of Speed Development

Instructor- Coach Anthony L. Torns

Marble Falls HS Girls Assistant Track & Field Coach/Training
Coordinator-Running Events/Horizontal Jumps

A portion of the proceeds will benefit the Marble Falls Cross Country Team

After several years of planning and preparation Coach Torns will hold his first Sprint Development Clinic this summer. This clinic will be one of a kind in the Texas Hill country. This clinic is for the highly focused and self-motivated athlete desiring to learn the necessary physical abilities required for speed improvement in any sport. To ensure high quality instruction the number of participants will be limited to 10 per session who are 12 year of age or older. Coach Torns can be booked to conduct one/two day Introductory Clinics for coaches and athletes see contact information below.

Clinic Goals:

- Introduce the Primary physical abilities necessary for athletes to perform at high levels in athletic competition.
- Introduce the proper Biomechanical Factors necessary for an athlete to improve overall speed
- Teach athletes to Drill with Purpose, focusing on developing Drills into Skills.

Expense:

- 8 days 2 hours per day Clinic **\$160.00**
- A nonrefundable **\$50.00** deposit is due at **Clinic Orientation:** July 7, 2014@ 6:00 pm. **Location:** Falls Career High School 1800 Colt Circle, Marble Falls, TX 78654

Location, Date & Times:

- Marble Falls High School Track
- July 15, 17, 19, 22, 24, 26, 28, 30
- Session I- 9am-11am
- Session II- 6pm-8pm
- **Saturday's One Session- 9am-11am**
- Limited to 10 Athletes per Session

About Coach Torns:

- In 6 years of Coaching 14- District Champions, 33- Area Qualifiers, 5- Area Champions, 26-Regional Qualifiers, 1- Regional Champion, 6-State Qualifiers, 16- School Records
- USATF Level 1 Coach
- USTFCCCA Track & Field technical Certification
- USTFCCCA Sprint, Hurdle, Relay, Specialist Certification

What to Bring:

- Water Bottle
- Running Shoes
- Towel (as you will sweat!)

Contact Information:

- Coach Torns can be contacted @ **504-957-4258** or atorns@mfisd.txed.net
- Please reserve your spot by emailing the participants **First, Last name, age, grade level, and, contact information of their parent or guardian** to Coach Torns.