

# WHEELCHAIR TRACK & FIELD CLINIC



**Saturday, Jan. 27 | 8:30 AM-3 PM**

Come to this **wheelchair track and field clinic** at **Franklin Park Adventure Center** (1755 E. Broad Street, 43205). This clinic is **open to middle and high school students with a permanent disability, as well as parents and coaches.**

Bringing your personal equipment is encouraged but not required. Additional racing/throwing equipment will be provided, as well as lunch.

Athletes will learn about:

- Bio-mechanics of wheelchair propulsion
- Strategies for improvement
- Seated shot put technique
- Training and injury prevention
- Research participation opportunity

Scan below to register by January 21.



For more information contact [jfesemyer3@gmail.com](mailto:jfesemyer3@gmail.com).