



**Catholic Youth Organization**  
*A Division of*  
**Catholic Charities Community Services**  
 1011 First Avenue, 6<sup>th</sup> FL  
 New York, NY 10022  
 Phone: 212-371-1000  
[www.cyony.org](http://www.cyony.org)

**Contact Dan Doherty to register your child/team in the Spring clinic(s).**  
**For additional questions.**  
**Dan can be reached at: 845-596-3625 or [dohertyd@optonline.net](mailto:dohertyd@optonline.net)**

**Rockland County CYO Track and Field Clinic #1**

Sunday 4/15/18 at 1pm  
 Pearl River High School (275 E. Central Ave Pearl River, NY 10965)

Basic Introduction and instruction in the following events:

Turbo Javelin, Shot Put, Long Jump, 100 meter dash, 400 meter dash and mile run Athletes will get a quick overview on how to do each event, the rules of the event and then will get several attempts at trying the event Athletes and parents will be asked to rotate from one event to the next. Each session should last about 20 minutes. The whole clinic should last no longer than two hours. A brief question and answer session will follow at the end of the clinic

**Rockland County CYO Track and Field Clinic #2**

Sunday 4/22/18 at 1pm  
 Pearl River High School (275 E. Central Ave. Pearl River, NY 10965)

Athletes and Parents will once again rotate from one event to the next.

A quick review of what was taught at each event the previous week will be given. That will be followed by a very short informal competition for that event. Athletes will be asked to be sure to try each event, stressing the point that you never know what you might enjoy and succeed the most at. At the conclusion of the three field events, we will do three running events. (100 meter dash, 400 meter dash and 800 meter run) We will ask for each participant to each do one of these running events. The clinic will conclude once again with a brief question and answer session.

**Rockland County CYO Track and Field Meet**

Sunday 5/6/18 at 1pm  
 Pearl River High School (275 E. Central Ave. Pearl River, NY 10965)

**Tentative Timeline:**

- 12:30 pm Facility will open:
- 12:30 pm Track open for warm ups:
- 12:45 pm Coaches meeting:
- 12:45 pm First Field Events start/ Clerking begins:
- 12:50 pm Track Closed for warm ups
- 1:00 pm First Event(s) starts at approximately
- 4:30 pm Meet End(s) approximately
- 5:00 pm Facility closes approximately

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