

ITCCCA Summer Clinic 2023

Thursday June 15, 2023: 3:00-7:00 PM

Friday June 16, 2023: 9:00 AM to 1:00 PM

St. Charles North High School



Learn how MASTER COACHES work with all levels of athletes.

Each session will have three parts

1. Beginners. Watch the master coaches work with novice athletes in the events.
2. Intermediates: The master coaches develop skills with athletes that already have some experience with the events.
3. Elites: The master coaches take everything to the next level.

Coaches who attend will be able to nominate their own athletes to work with the master coaches!

Featuring

- [Boo Schexnayder](#), LSU, for high jump and triple jump.
Coach Schnexnayder is a stalwart in the track coaching community coaching 19 NCAA champions and 70 All-Americans. He has been part of 12 NCAA championship teams and coached for Team USA in multiple international events including being the jumps coach at the 2008 Olympics in Beijing.
- [Joe Frontier](#), “Throw Big, Throw Far” for shot put and discus.
Coach Frontier is the director of the Madison Throws Club and has worked with hundreds of Wisconsin State Qualifiers, Top-Eight finishers, Runner ups, and Wisconsin State Champions.

Session 1: Thursday June 15 from 3:00 to 7:00 PM.

Session 1A: High Jump with Boo Schnexnayder

Session 1B: Discus with Joe Frontier

Session 2: Friday June 16 from 9:00 AM to 1:00 PM

Session 2A: Triple Jump with Boo Schnexnayder

Session 2B: Shot Put with Joe Frontier

Cost for each session is \$30.

Signing up for both sessions is a \$10 discount (\$50 total).

CLICK HERE TO REGISTER

St. Charles has several options for having an after-clinic social. We encourage you to connect with your fellow coaches to continue discussions and further network!