



U.S. Paralympic T&F Coach and Athlete Clinic

Join U.S. Paralympics and U.S. Paralympic Track & Field National Team coaches for a training and educational afternoon at Folsom High School. The session will cover training modifications and best practices for Paralympic-eligible track & field athletes.

Date/Time: Friday, March 25; 1:00 p.m. – 6:00 p.m. (Please arrive 30 minutes prior for check-in)

Location: Folsom High School, 1655 Iron Point Rd, Folsom, CA 95630

Hosted by: U.S. Paralympics, U.S. Paralympic Track & Field, Folsom High School T&F Team

Who can attend:

- High School & Middle School T&F Coaches
- College T&F Coaches
- USATF Officials and Coaches
- Physicians, therapists and prosthetists
- Athletes with physical or visual impairment
- Anyone interested in learning more

Training Includes:

- Wheelchair racing
- Amputee & Visually Impaired racing
- Seated and Ambulatory field events
- Best practices in training techniques
- Paralympic T&F athlete pipeline
- Practical instruction for athletes and coaches

Cost: FREE – Snacks provided

To register: https://usoc.az1.qualtrics.com/SE/?SID=SV_8e3OtZxJ8LdPUrz

Facility address: Folsom High School, 1655 Iron Point Rd, Folsom, CA 95630

