

2023

Horizontal Jumps Clinic

Sponsored by...



WHEN: Sunday, March 26th between 1:00 PM and 4:00 PM WEATHER PERMITTING (notification of possible cancellation due to inclement weather will be shared as soon as possible)

WHERE: Cheektowaga Central High School in Cheektowaga, NY

WHO: Limited to the first twelve (12) OPEN MINDED and HEARTED registered participants in order to guarantee as much personal attention as possible. To this end, registration will be closed after this maximum number of participants is reached.

Registration Link:

<https://docs.google.com/forms/d/1vxSi9BLAkcDK1737BvCirC8GKdUlljvmVfjLWp-0z20/edit>

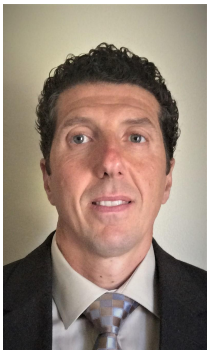
*Student athletes - \$20 check made payable to Emilio Mancino USATF Niagara upon arrival

*A coach is welcomed to attend with their student athlete(s)

WHAT: Dress appropriately for the weather conditions. Spiked shoes and layered clothing are required.

WHY: Intention to learn and add a variety of training activities and philosophies to as many aspects of the horizontal jumps as the time we have together will allow.

PRESENTER: Emilio Mancino



I have coached on the scholastic and USATF Club (TRIBE Athletic Club) level for 28 years. I have been fortunate to help guide multiple student athletes to numerous lifetime best, program record, and Championship performances on the runways during this time. I am a **USATF Level I and Level II Jumps certified Coach** who is First Aid and CPR sanctioned as well.