



SOKS TRACK & FIELD ATHLETE & COACHES TRAINING

Olathe West High School Track and Field Team will be providing a Special Olympics athlete and coach track and field training!!!

WHEN: Wednesday, April 4th
WHERE: Olathe West High School
2200 W Santa Fe St, Olathe, KS 66061
TIME: 6:00PM – 7:30PM



The Track & Field Training is open to all SOKS Athletes/Certified Coaches/Assistant Coaches/Program Assistants.

Athletes will be taught proper mechanics and go through drills with Olathe West coaches and athletes.

Coaches will learn how to teach proper mechanics and come away with drills that they can do with their athletes.

Tentative Agenda:

- 1) Welcome and Warm-up
- 2) Split into three groups and go through stations (two athletes groups and one coach group). Stations: Throwing. Running & Jumping
- 3) Closing

Limit of 100 Athletes! Register Soon!

Please RSVP to Terri Price by March 23.

Terri Price, SOKS Metro Regional Director
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For additional Info please contact:

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