

# **Speed & Agility / Strength & Conditioning**

## **100% sports- specific training**

The clinics geared to players of all sports and abilities, in-season or off-season, looking to improve speed, agility, strength and conditioning. Training will be sports-specific, providing athletes with optimum results for his or her sport. Topics include: First Step, Acceleration, Deceleration, Turning Speed, Power, Coordination, Balance, Hand-Eye Speed, Technique, Lactate Threshold Conditioning and Fitness

**Open to:** Baldwin Students grades 8-12, siblings & friends

**Dates:** Sundays beginning February 12

**Time:** 4:00 – 5:30 pm

**Cost:** \$20 per session  
Pay as you go; Incidental Accounts may be charged.

**Director:** Hadley Winthrop  
Baldwin Varsity Indoor and Outdoor Track Coach  
Former International Athlete and Olympic Athlete Coach

*Originally from the UK, Hadley Winthrop has been involved in track and field at every level, as an athlete and coach for over 15 years. Having competed on the world stage and medaling at the European Championships, he turned his attention to coaching and studying. After gaining a BA in Sport and Exercise Science from Loughborough University, Mr. Winthrop began coaching full time, with several of his athletes competing at the 2008 Beijing Olympics. He has since moved to the US where he has been working with many athletes and colleges, ranging from beginners to All-American collegiate athletes.*

Participants must complete the Baldwin Athletics Registration Form, found on the back of the Baldwin website / Athletics / Camps & Clinics. Direct questions to Hadley at [hwinthrop@baldwinschool.org](mailto:hwinthrop@baldwinschool.org)