



Getting Back on Track

Sports Clinics

New Mexico Senior Olympics, Inc.

Save the Date!

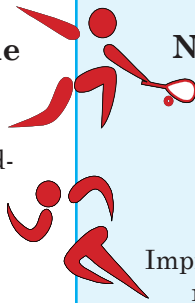
Only
\$10

- * **Online, Pre-Registration Required**
**Registration deadline 5 days prior to clinic
- * **Registration fee per person, per clinic, non-refundable**
- * **All clinics will adhere to local public health safety guidelines - COVID Safe**
- * **Masks required for indoor events**
- * **Social distancing will be practiced**
- * **Limited space available**
- * **No spectators**



1 Track & Field

Sandia Prep High School, Albuquerque
 Saturday, October 2nd
 9 AM to 1 PM
 Skills training and mini competitions; Sprints, mid-distance running, Estimated Run/Walk, Discus, Javelin, Shot Put, Long Jump
 As a sponsor for this clinic, The NM Track Club is providing clinicians

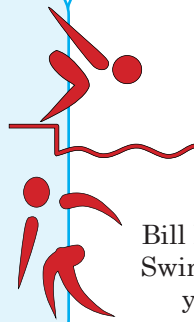


2 Pickleball

NMSU Activity Center, Las Cruces
 Saturday, October 16th
 First Session: 9 AM to Noon
 Second Session: 1 PM to 4 PM
 Felix Rabanal, Certified PPR Instructor, USA Pickleball member
 Improve your serving and soft game; learn scoring, rules and other training; mini competitions

3 Horseshoes

**Matt Youngblood Horseshoe Courts
 Las Cruces**
 Saturday, October 16th
 8:30 AM to Noon
 Sean Blair, Horseshoe Advocate
 Refresh your pitching skills, rules of pitching and learn a new way to pitch your shoes.
 Training, practice, play and mini competition

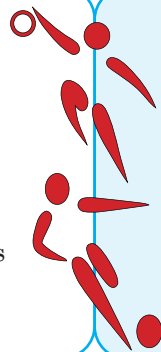


4 Swimming

**Rio Rancho Aquatics Center,
 Rio Rancho**
 Sunday, October 17th
 8 AM to Noon
 Bill Brenner, Coach Development at U.S. Masters Swimming; Stroke Development Clinic to improve your strokes; Senior Fitness Coaches Clinic

5 Basketball 3 on 3 & Volleyball

THE 505 Fieldhouse, Albuquerque
 Friday, October 29th
 6 PM to 9 PM
 UNM Women's Basketball Coaches and Players
 Drills, practice and mini competition
 Volleyball Clinic - TBD



Intramural Day at NMSU 6

NMSU Activity Center, Las Cruces
 Wednesday, November 10th
 9 AM to 2 PM
 Sack lunch provided
 Clinic includes indoor & outdoor play
 Freethrow, Shuffleboard, Walking, Cornhole & Soccer Kick
 Recognizing our Veterans

Register TODAY!

www.nmseniorolympics.org