

**Texas Paraspport Track & Field Clinic**

**Friday, February 14, 2025**

<b>Time</b>	<b>Session</b>	<b>Location</b>	<b>Comments</b>
5-8 PM	Clinic Check-in	Mendoza House	Barn Living Area
5-8 PM	Chair Fitting & Swap - WC Racing	Mendoza House	Garage
5-8 PM	1 on 1 Roller Sessions-WC Racing	Mendoza House	Garage
6-7:30 pm	Throws 101 to Paralympic Hopeful	Mendoza House	Living Room

\* Dinner on your own

**Saturday, February 15, 2025**

<b>Time</b>	<b>Session</b>	<b>Location</b>	<b>Comments</b>
8-noon	Clinic Check-in	Wimb Community Center: Lobby	
8:30-10 AM	Wheelchair Racing Stroke Mechanics	Wimb Community Center: Johnson Hall	
10:45-12:15 PM	Group C & A - Wheelchair Racing	Wimberley HS Track	Advanced
1:30-3:00 PM	Group B - Wheelchair Racing	Wimberley HS Track	Intermediate
3:15-4:15 PM	Group A - Wheelchair Racing	Wimberley HS Track	Beginner
4:45-6 PM	Wheelchair Racing -Strenth & Conditioning Session	Texan Field House	
9-10:30 AM	Ambulatory Run Group (All Levels)	Wimberley HS Track	
11:15-12:30 PM	Ambulatory Track Classroom Session	Wimb Community Center: Johnson Hall	
2-3 PM	Ambulatory Track S & C	Texan Field House	
3:30-5 PM	Ambulatory Jumps (All Level)		
3:30-4 PM	Ambulatory Run Group (All Levels)	Wimberley HS Track	
8:30-10:30 AM	Advanced Throws Only Session I	Wimberley HS Field Area	
10:45 12:15 PM	Group B - Seated Throws	Wimberley HS Field Area	
1-2:30 PM	Advanced Throws Only Session II	Wimberley HS Field Area	
1:30-3 PM	Group C - Seated Throwers	Wimberley HS Field Area	
3:00-4:30	Field Strength & Conditioning Session	Texan Field House	
9 AM-Noon	Officiating Session - Part 1	Wimb Community Center: Cypress Rm	
1:30-5 PM	Officiating Session 2	Wimb Community Center: Cypress Rm	
9 AM-Noon	Coaching Session - Part 1	Wimb Community Center: Senior Rm	
1:30-5 PM	Coaching Session 2	Wimb Community Center: Senior Rm	
6:30-8:30 PM	Chow & Learn (Nutrition)	Wimb Community Center: Johnson Hall	

\* Breakfast on your own

\* Lunch on your own

**Sunday, February 16, 2025**

<b>Time</b>	<b>Session</b>	<b>Location</b>	<b>Comments</b>
8:45-10:15 AM	Group A & B: Wheelchair Racing	Wimberley HS Track	Advanced/Intermediate
10:30 - Noon	Group C - Wheelchair Racing	Wimberley HS Track	Beginner
2:15 - 3:45 PM	Building Training Logs (WC Track)	Wimb Community Center: Johnson Hall	
4:15-5:45 PM	Open Wheelchair Racing Session	Wimberley HS Track	All
9:00 -10:30 AM	Ambulatory Run & Jump Session (All Levels)	Texan Field House	
11 AM-12:20 PM	Building Training Logs (Ambulatory Track)	Wimb Community Center: Blanco Rm	
3-4:30 PM	Open Ambulatory Run Group	Texan Field House	Beginner & Advanced
8:30-10:15 AM	Advanced Throws Only Session III	Wimberley HS Field Area	
8:30-10:15 AM	Ambulatory Throws (Dual Track/Field Athlete)	Wimberley HS Field Area	
10:30-Noon	Group A - Seated Throws	Wimberley HS Field Area	
2:15-3:45 PM	Building Training Logs (Field)	Wimb Community Center: Blanco Rm	
4:15-5:45 PM	Open Throws Session (All Levels/Classification)	Wimberley HS Field Area	
9 AM-Noon	Officiating Session - Part 3	Wimb Community Center: Cypress	
1:30-5 PM	Officiating Session 4	Wimb Community Center: Cypress	
9 AM-Noon	Coaching Session - Part 3	Wimb Community Center: Senior Rm	
1:30-5 PM	Coaching Session 4	Wimb Community Center: Senior Rm	
12:30-2:00 PM	Lunch & Learn (Paralympic Pipeline)	Wimb Community Center: Johnson Hall	

\* Breakfast on your own

\* Dinner on your own