

**Update:** Clinic notes can be downloaded [here](images/2011_trainingprinciples.pdf "Training Principles For Optimal Performance And Injury Prevention").

Allan Besselink will be presenting a clinic on ♦Training Principles for Optimal Performance And Injury Prevention♦ at the upcoming USA Track And Field SW Region Masters Championships. This event is being held at Memorial Stadium in Bastrop, TX (755 Hwy 21). The clinic will take place from 7:30 to 9:00 am, with free individual athlete and coach consultations from 9:00 to 11:00 am during the competition.

Further meet details can be found [here](http://trackforlife.com/meets/20110723info.pdf "Meet information").