



NORTH IOWA COMBINE

SATURDAY, MARCH 27th, 2010

NIACC with the assistance of Mason City and Newman Catholic High Schools will be hosting the North Iowa Athletic Combine. This is a free clinic/testing opportunity for athletes in the North Iowa area and will be held at the NIACC Recreation Center.

Come test yourself against the best North Iowa has to offer. Athletes will perform in the following events:

| | | |
|----------------------|---------------------|---------------------------|
| 40 Yard Dash | 20 Yard Dash | BFS Dots |
| Pro Agility | "L" Agility | Standing Long Jump |
| Vertical Leap | Hang Clean | Squat |
| | Bench Press | |

The event will also hold coaching clinics on form running, ladder agility, and proper starts to improve each participants overall ability.

There will be sessions held for 3 different age groups:

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| 1:00 P.M. – 11th Grade | 2:00 P.M. – 10th Grade | 3:00 P.M. – 8/9 Grades |
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Registration for the North Iowa Combine is online at:

<http://www.northiowacombine.com/>

REGISTRATION DEADLINE IS SATURDAY, MARCH 20th, 2010!

If there are any questions you may contact Coach Quail at:

mohawkagility@gmail.com