

Balumbu Jumps Clinic

Where: James Logan High School Track

When: December 15, 22, January 19

Registration: 9:00-9:45

9:45-10:00-Discussion and Intro

Camp Instruction: 10:00-12:00 1:30-3:30

Cost: \$20 for individual session all 3 sessions \$50.

Ages: 10 and older

Nkosinza Balumbu will be the lead instructor for the Balumbu Jumps clinics. Balumbu graduated from James Logan High School in 2005. He was a 2 time State Champion and National Champion in high school in the Triple Jump. After high school he was a 7 time NCAA All-American and NCAA Champion while at Arkansas. A 2 time Olympic trials competitor he finished 6th this past year. He was ranked 5th in the United States this past year.

The camps will cover all the jumping events-long jump, triple jump and high jump. The clinic will cover all the aspects of optimizing your potential as a jumper. All ages are encouraged to attend.

Other Clinicians:

Mifflin Jones-Castro Valley Head Track and Field Coach

Arno Brewer-James Logan Jumps Coach

Ed Wright-Olympic Trials High Jump Finalist 5th place

Erica McClain-2008 Olympian Triple Jump 14 Time NCAA All-American

Contact Information:

Nkosinza Balumbu: nkosinza@yahoo.com

Lee Webb: 510-304-7172

Registration:

Name _____ Age _____

E-mail: _____ Phone _____

Address _____