



Top Flight Long Jump Clinic

June 21, 2023

West Allis Hale High School

11601 W Lincoln Ave, West Allis, WI 53227

5:30 PM - 7:30 PM

Cost: \$50

Participants will develop and improve performance in the four jump phases:
the approach, take-off, in-flight, and landing.

This clinic is for current high school athletes or incoming freshmen. **Preregistration is due by Tuesday, June 14th.** Contact Coach Mu at aolaniyan@topflightone.com to register.



Top Flight Long Jump Top Performers

Rachel Biblo 18' 5"	Max McQuide 23' 4.75"
Molly Kahl 18' 4.25" (2021 State Runner Up)	(2021/ State Runner Up)
Julie Hebert 18' 3"	Alexander Maggit 23' 1.25"
Madison Williams 17' 11"	(2021: State Qualifier)
Maureen Podkomorowski 17' 2"	Mike Tsioutsopoulos 22' 10"
Amy Jo Garinger 16' 9.5"	Blaise Dueling 22' 7.5"
Lily Strong 16' 8.5"	Martin Shaw 22' 1.5"
Brenna Tomczak 16' 7.5"	Cory Pallen 22' 1"
Kara Krugel 16' 1.25"	Teagan Herschleb 22' 0.5"
Erika Marisch 16' 0.5"	Gabriel Olsen 21' 6"
Melanie Marks 15' 9.5"	Aiden Cartier 21' 5"
Allie Garcia 15' 6"	Jacob Kaus 21' 4.75"
	Sam Sadowski 21' 2.75"
	Dan Janke 20' 5.5"



**WHERE
CHAMPIONS
ARE MADE**