



**Dear Parents, Coaches, Athletes,**

I'm excited to invite you to the **LaShawn Merritt/Coach O Sprint to Success Speed Clinic**, taking place at the Tryon International Center, on **February 2, 2025**! Open to athletes ages 8-18, this clinic is an incredible opportunity for young people passionate about track and field to learn and grow.

As a three-time Olympic Gold Medalist and 11 – time World Champion, I've had the privilege of competing at the highest levels in track and field for over 17 years. Now, with Coach O, we're partnering to pass forward what we've learned and give back to the next generation. Both Coach and I love this sport and understand how it shapes not just athletic ability but also builds resilience, discipline, and life skills.

At this clinic, each participant will experience:

- The Merritt Mindset: Mental and emotional skills to stay focused, handle competition, and bring out the best in yourself
- Performance Skills: Training on posture, position, kinetic awareness, and power application.
- Recovery and Nutrition: Essential tips for ongoing physical health and peak performance

Every registered athlete will receive an exclusive LaShawn Merritt Coach O t-shirt as a reminder of their hard work and dedication during this experience.

Coach O and I are passionate about creating opportunities for young athletes across the U.S. This clinic is about more than just speed—it's about instilling values that will last a lifetime. We are committed to providing young people with the skills and confidence they need both on track and in life.

**Don't miss out on this unique experience!** I can't wait to meet and work with each athlete and see their drive and potential.

**Register Now** using the link below to secure your spot:

[Clinic Registration](#)

With enthusiasm,  
LaShawn Merritt  
Three-Time Olympic Gold Medalist  
Coach O