

The Webb Schools

Date: Saturday, February 12, 2005

Time: 10:00 a.m.—4:00 p.m.

Cost: Early registration \$20.00. Includes lunch, clinic t-shirt, and raffle entry!

Registration on the day of the clinic will be \$30.00. You must sign up by February 1 to get a T-shirt at the clinic.



Track and Field Clinic

Attendance limited to the first 150 respondents!

Our lineup of Champions!

Two-time Olympic discus medalist and former world record holder **John Powell**.

Current World Record holder and two-time Olympic long jump medalist **Mike Powell**.

6-time NCAA throws champion **Seilala Sua**.

For more information contact Athletic Director Ann DeBoe, (909) 482-5257, adeboe@webb.org or Track Coach Jeff Venglass, (909) 241-0667, jvenglass@webb.org

Clinic to be held at the *Mary Stuart Rogers Sports Center* and *Faculty Field* on The Webb Schools' campus. Access via Webb Canyon Road. Directional signs will be posted.

Raffle prizes supplied by SpringCo Athletics!





Clinic schedule

- 9:00 a.m. Gates open
- 10:00 a.m. Introduction to discus — philosophy, footwork, overview
Introduction to long jump — overview and the warm-up
- 11:00 a.m. Discus: footwork, live application.
Long jump: Introduction to the take off
- Noon Lunch
- 1:00 p.m. Film—specific to each discipline
- 1:30 p.m. Discus: Live throwing and feedback
Long jump: Take off and flight, form evaluations
- 3:00 p.m. Question and answer session for coaches; Raffle



About our champions!

John Powell is considered the finest technician in the history of the discus. Respected for both his teaching and throwing abilities, John is a four-time Olympian, seven-time National Champion, and two-time Olympic Medalist. A former World Record Holder, at age 40, Powell won the Silver Medal at the Rome World Championships and only a few weeks later set a new personal best with the longest throw in the world that year — 236'-6". Come and learn some of his "secrets" at this one-day clinic. This is a great opportunity for coaches and athletes to learn from one of sports all-time greats!

Throughout the last decade **Mike Powell** has coached all around the world and has been a corporate spokesperson and public speaker. Mike set the world record of 8.95m/29'-4.50" in winning an epic duel against Carl Lewis at the 1991 IAAF World Outdoor Championships in Tokyo, won Olympic silver medals in 1988 and 1992, and was the dominant long jumper in the world in 1993 and 1994 while winning 34 competitions in a row. Mike will break down the keys to success in the long jump at the clinic, and give attendees solid ideas to take back to their teams and workouts.

In 2001 **Seylala** (pronounced 'Say-LA-la.') **Sua** became the 1st woman to win U.S. titles in the shot put and discus in the same year since Connie Price-Smith accomplished the feat in 1994. She was U.S. runner-up in the shot put in '02 and '03. She was the discus champion at the 2000 Olympic trials, and third at the 2004 trials, and is a four-time United States champion in the discus. She won gold medals in both discus and shot put at the 1997 Pan American Games, and was a 6-time NCAA throws champion while at UCLA.

Track coach **Jeff Venglass** has spent the past eight years building Webb's throwing program into one of the best in C.I.F. Division 4. Webb throwers have earned 56 spots in C.I.F. qualifying and 30 in C.I.F. finals in that span. In addition, the program has turned out 7 league MVP's, garnered 10 school and 9 Prep League records, and 23 individual champions. A Webb thrower is the current holder of the C.I.F. Division 4 discus record! Jeff will be your host for the clinic.

Can't make the clinic? Check www.webb.org/camps after January 17th for information about The Webb Schools Summer Track and Field Camp. The camp will take place from July 17-21, 2005, and both John Powell and Mike Powell will be there!

Registration information—check boxes where appropriate and return as indicated below

Name _____ Coach ☐ Athlete ☐ Grade (if applicable) _____

School _____ Interest: Discus/Shot ☐ Long Jump ☐

Home address _____ City _____ Zip _____

Telephone _____ Email _____

Checks should be made out to: The Webb Schools. Please indicate *track clinic* on the check. Please mail to:
The Webb Schools, Attn: Ann DeBoe, 1175 West Baseline Road, Claremont, CA, 91711

Attendance will be limited to the first 150 who register. If you would like to insure that yours is among that number, FAX this form to: (909) 621-4582, and then send in your check. A confirmation will be sent to you via email if you provide us with that information.