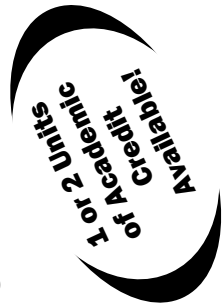




Championship Sports Clinics
 P.O. Box 398
 LaVerne, Ca. 91750
 (909) 596-1050
 www.palmspringscoachesclinic.com

HEAD TRACK & FIELD COACH



Mailing Address Line 1
 Mailing Address Line 2
 Mailing Address Line 3
 Mailing Address Line 4
 Mailing Address Line 5



Palm Springs Coaches Clinic

Brought to you by: CSC

In Association with the "Bryan Clay Foundation"

**TRACK & FIELD
 Coaches Clinic**

ELITE SPEAKERS INCLUDE:

2004 Olympic Silver Medalist
Bryan Clay

THROWS & JUMPS

DISTANCES & SPRINTS

Rick Sloan
 Washington State University

Kelly Sullivan
 Oregon State University

Diane Wholey
 Texas Tech

Helen Lehman-Winters
 University of San Francisco

Don Strametz
 Cal State Northridge

Kathleen Raske
 Sacramento State

Rob Lasorsa
 M-F Athletic—NTCA President

Don Strametz
 Cal State Northridge

Bruce Van Horne
 M-F Athletic—NTCA Vice-Pres.

J. W. Hardy
 Northern Arizona

Bill Caton
 M-F Athletic Company

ALL ATTENDEES

Peter Fewing
 Seattle University

July 8-10, 2005

ITINERARY— THROWS & JUMPS

FRIDAY, July 8, 2005

3:00 — 6:30	Registration	VISIT EXHIBITOR / VENDOR BOOTHS
5:00 — 6:00	Peter Fewing	• Building Champions
6:30 — 8:00	Bryan Clay	• Mental Preparation for Multi Event Athletes
8:00 — 11:00	Gold Medal Party	“The Bar” (Food, Drinks, Music)

SATURDAY, July 9, 2005

8:00—8:30	Registration	VISIT EXHIBITOR / VENDOR BOOTHS
8:30 — 9:30	Rick Sloan	• Understanding the High Jump
9:45 — 10:45	Don Strametz	• Organizing a High School Track & Field Program
11:00 — 12:00	Rick Sloan	• Mechanics of the Pole Vault
12:00 — 1:30	LUNCH	“The Grill” or Poolside B.B.Q. VISIT EXHIBITOR / VENDOR BOOTHS
1:30 — 2:30	Diane Wholey	• The Long Jump
2:45 — 3:45	Bill Caton	• No Weights—No Problem! Medicine Ball Strength & Power Development
4:00 — 5:00	Diane Wholey	• The Triple Jump

5:00-6:00 HOSPITALITY HOUR—HOSTED BY CSC & THE RIVIERA RESORT
 Complimentary Food and Drinks
VISIT EXHIBITOR / VENDOR BOOTHS

SUNDAY, July 10, 2005

8:30 — 9:30	Rob Lasorsa	• Development and Training in the Shot-Put Event
9:45 — 10:45	Bruce Van Horne	• Rotation Shot-Put
11:00 — 12:00	Rob Lasorsa	• Essential Techniques / Training for Success in Discus Event

We have made every effort to obtain the most exciting speakers for this year's Coaches Clinic. However, due to the nature of the sports business, speakers, times or topics are subject to last minute changes. Check the website for current updates.

If you have any questions, please
 Call us at (909) 596-1050, or
 Email us at info@palmspringscoachesclinic.com

REGISTRATION FORM

Coach _____

School / Club Name _____

Address (City, State, Zip) _____

Phone Number _____ Email Address * _____

Additional Coaches

Name _____ Email * _____

Name _____ Email * _____

Name _____ Email * _____

1 COACH x \$99 \$ _____

3 or more Coaches x \$94 each \$ _____

Students x \$39 each \$ _____

Total Due \$ _____

Method of Payment: Make check payable
 to: **Championship Sports Clinics**

Check Check # _____

Visa (Sorry, No Purchase Orders)

MasterCard

Credit Card # _____ Exp. date _____

Signature _____

Detach & Mail Completed Registration Form to:
P. O. Box 398, La Verne, Ca. 91750

or

Register On-Line and Pay with Credit Card at:
www.palmspringscoachesclinic.com

** Please include email addresses for all coaches registering for the Clinic. A confirmation email will be sent to the email address provided as a receipt for a successful registration.*

www.palmspringscoachesclinic.com

REGISTRATION INFORMATION

Clinic Fees

- 1 Coach - \$99
- 3 or more Coaches - \$94 per person
- Students (18 yrs. and younger) - \$39

Quoted fees apply to registrations received (or Postmarked) by June 30, 2005. All fees increase by \$10 per person after June 30th. Sorry, no refunds.

FREE VACATION FOR TWO—SIGN UP NOW!

GREAT ITEM TO USE FOR A TEAM FUNDRAISER.

EACH PERSON registered by May 31, 2005 (Postmarked) will receive a 3 Day, 2 Night Vacation for two at the destination of your choice; options include Las Vegas, Hawaii, San Francisco, Puerto Vallarta, Bahamas, and many more exciting locations.

Fresno Pacific University Upper Division Academic Credit is available at the Clinic. 1 and 2 unit semester unit courses (with new course numbers and course titles for 2005) may be registered for at the Clinic. Just \$100 per semester unit.

Host Hotel

Palm Springs Riviera Resort & Racquet Club

1-800-444-8311

Be Sure To Ask for “Championship Sports Clinics” Room Rates!

Special Clinic Rate: \$89 per room

Hotel Reservation Deadline— June 30th

Rooms not reserved by the deadline will be released to the general public at the current public room rate (\$119)

ITINERARY— SPRINTS & DISTANCES

FRIDAY, July 8, 2005

3:00 — 6:30	Registration	VISIT EXHIBITOR / VENDOR BOOTHS
5:00 — 6:00	Peter Fewing	• Building Champions
6:30 — 8:00	Bryan Clay	• Mental Preparation for Multi Event Athletes
8:00 — 11:00	Gold Medal Party	“The Bar” (Food, Drinks, Music)

SATURDAY, July 9, 2005

8:00—8:30	Registration	VISIT EXHIBITOR / VENDOR BOOTHS
8:30 — 9:30	Helen Lehman-Winters	• Understanding the High Jump
9:45 — 10:45	Kathleen Raske	• 100m Hurdles
11:00 — 12:00	Helen Lehman-Winters	• The Importance of Speed in Distance Training
12:00 — 1:30	LUNCH	“The Grill” or Poolside B.B.Q. VISIT EXHIBITOR / VENDOR BOOTHS
1:30 — 2:30	Kelly Sullivan	• Doing Minutes & Hill Training
2:45 — 3:45	Don Strametz	• Middle Distances
4:00 — 5:00	Kelly Sullivan	• Doing The Little Things

5:00-6:00 HOSPITALITY HOUR—HOSTED BY CSC & THE RIVIERA RESORT
 Complimentary Food and Drinks
VISIT EXHIBITOR / VENDOR BOOTHS

SUNDAY, July 10, 2005

8:30 — 9:30	J.W. Hardy	• Sprint Training
9:45 — 10:45	Don Strametz	• Organizing a High School Track & Field Program
11:00 — 12:00	J.W. Hardy	• Race Strategy

Check for Updates, Get More Clinic Details, & Print Out Additional Registrations Forms at:
www.palmspringscoachesclinic.com

SPEAKER BACKGROUND

Bryan Clay - After setting a personal best of 8,660 points with his win at the 2004 Olympic Trials, Bryan Clay bettered that effort with his silver medal winning total of 8,820 points at the 2004 Olympic Games in Athens. His tally is the fourth-best in Olympic history. A solid decathlon performer for several years, Clay made a big improvement in 2003 with his runner-up, 8,482-point personal best at the USA Outdoor Championships. He continued his improvement at the 2004 World Indoor Championships, where his score of 6,365 points won the silver medal and made him the #2 American all time. Clay's strongest events are the 100 meters, long jump, the 110m hurdles and the discus.

Diane Wholey – having recently completed her 6th year as a member of the Texas Tech coaching staff. Associate Head Coach Diane Wholey serves as the coach for men's and women's high jump, decathlon and heptathlon. Wholey previously served 2 years as an assistant coach at the University of Texas, where she handled coaching duties for field events and heptathletes. At Texas, Wholey was able to enjoy success at the highest level, as she helped coach the Longhorns to the Big 12 and NCAA indoor and outdoor championships in 1998 and 1999. She is also currently the president for the U.S. Women's Track & Field Coaches Association. She is certified as a USA Track and Field Level II coach in sprints, hurdles, relays, throws, jumps and combined events.

Don Strametz – Under Don Strametz, the Cal State Northridge men's and women's track & field team's have enjoyed tremendous success. While participating in the Big Sky Conference, Strametz' teams won conference championships in 1997, 1999, and 2000 and coach Strametz was recognized with Big Sky Coach of the Year honors each of those three years. Since moving to the Best West Conference, the success of the Matador program has continued as the women's won the Big West Conference Championship in two of its first three years in the league, and the Matador men program won their first-ever Big Sky Conference Championship in 2004. Coach Strametz was awarded the Big West Coach of the Year award in 2004.

Helen Lehman-Winters – With her appointment in 2003 as the head men's and women's cross country and women's track coach at the University of San Francisco, Lehman-Winters began the transformation of a perennial second division finisher and began the complete rebuilding of a program ready to challenge the upper echelon of the WCC. Before arriving at USF, Lehman-Winters spent 3 successful seasons working at UCLA with distance runners in both the cross country and track programs. During her time, the Bruins qualified for back-to-back berths in the NCAA Cross Country Championships and the Medley Relay team won the 2002 NCAA Indoor Championship. While coaching at Carondelet High School, Lehman-Winters earned the 1998 Contra Costa Times Women of the Year Merit Award, was selected as North Coast Coach of the Year in 1993 and 1996 and was named American Athletics Coach of the Year in 1991.

J.W. Hardy — a former All-American for the Lumberjacks, J.W. Hardy took over as the Director of Track & Field and Cross Country at Northern Arizona University prior to the 2005 season. Hardy is just the third person to lead the NAU track and field program since 1968. Entering his eighth season overall at NAU after serving as the assistant coach and recruiting coordinator for the past seven seasons, Hardy has played a significant role in the return of conference prominence in the sprints, hurdles, horizontal jumps, and the 800-meter event at NAU. In seven seasons, Hardy has guided his athletes to 50 individual conference championship titles, six relay titles, 12 NCAA national qualifying marks, six NCAA regional qualifying marks, nine school records, two Big Sky Conference records, and 99 all-conference honors.

Bruce Van Horne — After a highly successful 30 year career as a track & field coach in Ohio and Pennsylvania, Bruce Van Horne currently works for M-F Athletic Company. Bruce is also Vice President of the National Throws Coaches Association, and speaks at numerous track & field clinics each year.

SPEAKER BACKGROUND

Kathleen Raske— The 2005 season was Kathleen Raske's second season as the Director of Sacramento State's Track & Field/Cross Country Programs. In addition to overseeing all aspects of the men's and women's programs, she coached the jumpers, hurdlers, and multi-eventers in 2004 and the sprinters, hurdlers, and heptathletes in 2005. In her first year with the program, Raske guided the men's outdoor team to a third-place finish at the Big Sky Championships - the highest finish in school history. Her men's and women's teams moved up in the Big Sky Conference to record their highest team finishes and point totals in the history of the program. Prior to Sac State, Raske spent six years as head coach of the Central Michigan women's cross country and track and field programs. In 2002, she led CMU to its first Mid-American Conference indoor track championship. Following the season, she was named MAC Coach of the Year and NCAA Regional Coach of the Year.

Kelly Sullivan— In early 2004, Kelly Sullivan was named head coach of the Oregon State women's track and cross country teams, and asked to lead the revival of the program. Sullivan had been the men's and women's head cross country and track & field coach at his alma mater Willamette University since 1997. Sullivan was named the 2003 Northwest Conference women's cross country Coach of the Year after leading the Bearcats to the Northwest Conference title in 2003. Sullivan guided the men's track and field team to a 6th-place finish nationally in 2003, while the men's cross country squad was 5th in 2002. In the fall of 2003, his women's cross country team placed 8th nationally - the highest finish in school history. In over 23 years of coaching, Sullivan has earned 24 conference or regional Coach of the Year honors, including the 2002 and 2003 NCAA West Region Track Coach of the Year for men and women.

Rick Sloan – Since his appointment as head track and field coach at Washington State in 1994, Rick Sloan has successfully coached 42 athletes to NCAA outdoor All-American status 69 times, and also directed 22 athletes to 36 indoor All-America honors. In 1994, USA Track and Field accorded Sloan the title of Master Coach, the highest recognition in coaching education. Sloan is well-known internationally in the decathlon circuits because of his 14 years as coach for four-time world champion, Olympic champion and American record-holder Dan O'Brien. An outstanding athlete while at UCLA, Sloan became the first Bruin to clear 7-0 in the high jump and was an All-American in the pole vault as an undergraduate. As a 21-year-old, Sloan finished seventh in the decathlon at the 1968 Olympics in Mexico City. While competing, Sloan held world decathlon records in the pole vault and the high jump. As a decathlete, he was ranked second in the United States in 1968 and 1969, and ranked 10th in the world in 1969.

Rob Lasorsa — Rob has extension coaching experience at the collegiate level, and is a popular clinician throughout the country. He currently works for M-F Athletic Company, is President of the National Throws Coaches Association, and is the National Shotgun Chairman for USA Track and Field. He was head coach for Kent State's track program from 1993-1995, and also served as an assistant coach at Kent State, West Point, and North Carolina St.

Bill Caton — a former assistant track & field coach at Fullerton University, Bill Caton now works for M-F Athletic Company. Bill is also the California State Co-ordinator for the National Throws Coaches Association, and the Director of Pacific Throws Academy.

Peter Fewing - Peter Fewing, the all-time winningest soccer coach in the University of Seattle's history, transformed a mediocre program that had never strung together consecutive winning seasons into a world-class institution. Fewing led his team to the university's first-ever national championship in 1997. He followed that up with a Final Four appearance in 1998, a Final Eight appearance in 2001, and recently capped off the program's run as one of the most successful programs in the country with the 2004 NCAA Division II Championship. Fewing was named the national Coach of the Year in 1997 and 2004. Coach Fewing is an expert on building champions; essential information for every sport program.