



VS Athletics Track & Field SuperClinic

Sat, 22 January, 2011 - Sacramento City College

Come join us in improving your coaching effectiveness in a one-day clinic devoted solely to maximizing your athlete's success. Nationally recognized clinicians will provide information that you will be able to apply immediately to your programs improvement!

Clinic Schedule: *(detailed schedule posted at VS Athletics website closer to date)*

8:00-9:00am-registration in foyer of Lillard Hall, Sacramento CC

9:00-9:15am-introduction and orientation

9:15am-5:30pm-four 90 minute sessions in four event areas:

endurance • sprints/hurdles • jumps • throws

Clinic Presenters-Endurance:

Danny Aldridge: Aldridge has known success as both an athlete and coach. A CIF state runner up in the 880 in 1:49.7, Aldridge went on to win the JC state and NCAA two-time champion while at CalPoly SLO running 3:40.67 for the 1500m. Aldridge was a successful college coach at CalPoly-SLO and Sonoma State before moving to the high school ranks coaching phenom Julia Stamps and successful teams at both Maria Carrillo HS and Sonoma Academy.

Bob Sevene is one of our sport's most accomplished endurance coaches; Sevene has coached for over forty years at every level from high school, NCAA division I, II, III, and club level. Perennial coach of the year in the 70's and 80's while at DII Boston University. Sevene has earned both TAC and USATF Awards for his coaching accomplishments while coaching athletes that have been on both World Championship and Olympic Teams including Joan Benoit and currently Blake Russell.

Kelly Sullivan: Now in his seventh season at the helm at Oregon State, Sullivan is charged with putting Oregon State back on the national cross country and track and field map. Sullivan was previously head coach at Willamette University in nearby Salem and head cross country and assistant coach at Auburn and Clackamas Community College. Sullivan has trained some of the nation's top athletes.

Chuck Wooldridge: Head coach of College Park High School cross country and track teams from 1996 through 2006, followed by Campolindo High School cross country and track from 2006 to the present. Wooldridge's teams have earned six North Coast Section girls' cross country titles and five NCS boys' titles highlighted by this year's Girl's Div. III state XC CIF Championship crown. California Coaches Association 'Cross Country Coach of the Year' 2005-2006. USATF Level 1 and 2 coach and North Coast Section cross country and track management committees member.

Sprints-Hurdles:

Ed Barber: A USATF Level 3 Coach in sprints and hurdles, Barber is currently the sprint, hurdle, and combined event coach at Hartnell College in Salinas. Coach Barber took Calvin Harrison to a California State 400m title, (45.23), and in 1996 to the Olympic Trials (44.78). Calvin went on to run on the gold medal 4x400m relay team. Coach Barber also has a California CIF State Track Title and was Honor Coach of the Year in 1993.

Charles Clinton: Has been an elite clinician for USA Track and Field in the High Performance area for the Men's and Women's Sprints, Hurdles and Relays area. Responsible for developing and teaching the Emerging Elite Coaches camp advanced curriculum from a scientific, technical and practical approach for these event group areas. As an assistant coach at Long Beach Poly for 15 years, Clinton coached many state and national champions during his 15 years coaching in the program.

André Phillips: A Silver Creek, San Jose CC and UCLA graduate, Phillips is considered one of the greatest American hurdlers. While breaking the Olympic Record and creating a personal record of 47.19 in 1988, Andre won the Olympic Gold Medal in the 400 meter hurdles. During 7 of the 10 years he competed he was ranked number 1 or number 2 in the 400 meter hurdles. He is also the only hurdler in history to be ranked in the top 3 in the world for both the 110 meter and 400 meter hurdles in the same year.

Byron Talley: In three years of NCAA Division I competition, Talley has coached several regional and national qualifiers at UC Davis while breaking more than a dozen school records and coaching five USATF championship performances. Talley took over the reins of the successful Aggie program as head coach from Dee and Jon Vochatzer in 2010.

Throws:

Kent Pagel: Has a long and successful career as a NCAA and JC coach. Pagel is currently Head Men's Coach at Fresno City College, where his throwers led FCC to their highest finish since 1958 with a 3rd place state meet finish in 2008. He has coached and produced All-Americans and NCAA Champions while coaching at Long Beach State, San Diego State, Kent State, and coached on six NCAA Championship teams at LSU.

Ramona Pagel: Ramona Pagel is one of the finest authorities on throwing events in the country. Pagel is a four-time Olympian in the shot put, as well as making one team in the discus. In 1995 she was the first world-ranked American in the shot put in 35 years. As a coach, she has developed AR holder Kim Kreiner in the javelin to nine AR's and two Olympic Teams, and has coached numerous NCAA DI All-Americans. Pagel is currently the Olympic Development Chair for women's shot and javelin.

John Powell: Considered the finest technician ever in the history of the discus events, John Powell is respected for both his teaching and throwing abilities. Four-time Olympian, eight-time National Champion, and two-time Olympic Medalist, no one is more effective in the ring than Powell. A former World Record Holder, at age 40, Powell won the Silver Medal at the Track & Field World Championships in Rome becoming the first (and so far) only Masters Athlete to win a medal at the World Championship.

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Stephanie Brown-Trafton: Capping her career in 2008 winning the Olympic Gold medal in the discus, Stephanie has been among the American elite for some time exemplified by winning the 2009 USA Outdoor championships, 2004 Olympic Trials runner-up, two-time Olympian ('04, '08) and 2007 NCAA champion. Stephanie was also a three-time Big West champion while competing for CalPoly SLO.

Jumps:

Dr. Don Chu: Was the jumps coach at CSU Hayward during an era in which the Pioneer team captured the Division II National Championship and was the perennial Champion of the Far Western Conference. Over a 12 year span the program produced 42 All-Americans and 17 National Champions in these three events. Chu is considered the Godfather of plyometric training in the US, and author of 'Jumping into Plyometrics'.

Charlie Craig: Has coached for 39 years at all levels and retired from Cal State Bakersfield after 32 years as head coach. As an athlete, Craig triple jumped 54-4.50 and was an NCAA, Pan-American and both AAU indoor and outdoor triple jump champion. Craig continued his success coaching as a three time Olympic coach and assistant and head international team's manager.

Rob Dewar: In his sixth year as had head men's track and field coach at Sacramento City College, Dewar brings continued recognition and success to the Panther program. Perennially in the top three in the state JC championships, winning the championship outright in 2007. Dewar had been an assistant coach at UC Davis and CSU Stanislaus prior to coming to Sacramento CC.

Jan Johnson: One of the nation's leading vault gurus, Jan was the 1972 Olympic Bronze Medalist in the pole vault and Dad/coach of 2009 World Championships Silver medalist Chelsea Johnson. Johnson is also founder of the Pole Vault Safety Certification Board, and Sky Jumpers Vertical Sports Club in Atascadero.

Clinic Cost: *(Due to last year's phenomenal demand, we will cap registration at 425 coaches this year!)*

\$50.00- pre-registered by Wednesday 19 January, 2011. To register on-line, go to: <http://www.vsathletics.com/clinic>

\$65.00- registration at the door for individuals.

Contact Peanut Harms at peanut@vsathletics.com for coaching staff discounts (*prior to 19 January only*)

Directions: Sacramento City College, 3835 Freeport Blvd., Sacramento, 95822. Clinic will be in Lillard Hall.

Refer to the following link for clinic and campus location: <http://www.scc.losrios.edu/x1553.xml>

Driving: from Hwy 5: Exit at Sutterville Road (south of Hwy 5-Bus.80-50 interchange), travel east until 'T' intersection at Freeport, turn left. At first light, turn right back onto Sutterville, turn left into SCC main entrance at light, with Hughes Stadium to your right. After 200m into campus, park in west parking lot on your left.

From Hwy. 99: Exit at Sutterville/12th Ave. exit (south of Hwy 50-Bus 80), travel west until pass Hughes Stadium on your right. Turn right into SCC main entrance, after 200m into campus, park in west parking lot on your left.

No parking charges on weekends.

Air: Sacramento International Airport (SMF) is 17 miles north of Sacramento City College; San Francisco international is 86 miles west. The La Quinta Inn runs complimentary airport shuttles.

SuperShuttle: www.supershuttle.com, 800-258-3826. To/from Richard Road hotels: \$14.00; direct to/from City College: \$21.00

Light Rail: Sacramento City College is a designated SacMetro Blue Line Light Rail stop.

Accommodation: La Quinta Inn - 200 Jibboom St.- Sacramento, CA 95814 - www.LQ.com

\$62.00 sgl. or dbl. if booked by 7 January, 2011.

Reservations can be booked by calling (916) 448-8100 ext. 0 and asking for the 'SuperClinic' rate.

Complimentary shuttle runs from 5am-10pm everyday main priority is to/from airport but when free will go within a 5 mile radius (SCC). Continental breakfast (waffles, bread, yogurt, oatmeal, muffins, fruits, hard boiled eggs) runs 6-9 during week and 7-10 during weekend. Complimentary wireless internet available throughout the hotel.

What you get:

- all preregistered coaches will receive presentation notes of each session they attend, with additional clinic notes available on the VSAthletics website.
- vendors expo with equipment and information to start your season.
- tote bag with VS catalogs in addition to related coaching goodies
- generous raffle during lunch
- SAVE \$\$\$: order most track products before 17 January, and we'll ship free of charge to the SCC.
- Portion of the clinic's proceeds benefits the Pacific Association Coaches Education scholarship program.

Further Info: Peanut Harms: peanut@vsathletics.com, or Dave Shrock: dshrock@pacbell.net

Do not miss this incredible learning opportunity!

School Schedule:

(finalized schedule will be e-mailed to all participants)

Saturday - 15 January

8:00-8:30	Registration
8:30-8:45	Orientation/Introductions
8:45-9:30	Philosophy & Ethics
9:30-10:30	Psychology
10:30-11:00	Age Appropriate Training
11:00-12:00	Physiology
12:00-1:00	Lunch – on your own
1:00-2:30	Training Theory
2:30-3:45	Biomechanics
3:45-5:00	Bio Motor Training
5:00-8:30	Sprints/Hurdles/Relays

Sunday - 16 January

8:30-10:00	Endurance
10:00-1:00	Throws
1:00-2:00	Lunch-on your own
2:00-3:30	Learn-by-do(demo)
3:45-6:45	Jumps
6:45-7:00	Q & A – wrap-up

Important Note:

Attendance at all sessions is required.
Do not book Sunday outbound flights
before 8:00pm.

***VS*Athletics SuperClinic**

Saturday, 22 January, 2011 at Sac. CC

Many of the state's top coaches will provide invaluable info. to add to your season's success. Speakers in sprints-hurdles, distance, LJ-TJ-HJ-PV and throws event areas

For further info, refer to

www.vsathletics.com, or contact Peanut

Harms at: peanut@vsathletics.com, or

Dave Shrock at dshrock@pacbell.net

USA Track & Field Coaching Education Level 1 School

Presented by Gill Athletics



Date:

15-16 January, 2011

Hosted by:

Sacramento City College
Men's T&F Program

School Director:

Dave Shrock

209.575-3034

dshrock@pacbell.net

For more information log on to:

www.usatf.org/groups/Coaches/education

Scholarship Opportunities:

The Pacific Association of USATF will once again make available twenty (20) scholarships to pay the tuition to attend the PA-USATF Level 1 Coaching Education School. Pacific Association registered coaches who complete the scholarship application by Sunday, 28 Nov. at 5:00pm will become eligible to have their tuition fee paid to the Chabot Level 1 School on 11-12 December, or the Sacramento CC Level 1 School 15-16 January, 2011. Recipients are responsible for their own USATF membership fees, transportation, accommodation, and meals.

To access the application and for more information, visit:

<http://www.pausatf.org> and follow to the coaches' page, and then schools/events link.

Registration:

Register **after 2 November** online at:

www.usatf.org/groups/Coaches/education/schools/
by clicking "school details" for this school

Pre-registration: \$125 if received by **3 January 2011**; Late and on-site registration (may be limited) **\$150**. Fee includes a Level 1 Curriculum. You must be a member of USATF to register – for more information, go to www.usatf.org/membership

Refund policy: Only 1/2 of the registration fee (\$62.50) will be refunded after the registration deadline and no refund will be given after the start date.

If you have any difficulties with the online registration process, please contact the School Director.



Lodging:

La Quinta Inn
200 Jibboom St.
Sacramento, CA 95814
[www. LQ.com](http://www.LQ.com)

- \$62.00 sgl. or dbl. if booked by 24 Dec.
- Reservations can be booked by calling (916) 448-8100 ext. 0 and asking for the "USA Track & Field" rate.
- Complimentary shuttle runs from 5am - 10pm everyday main priority is to/from airport but when free will go within a 5 mile radius (SCC)
- Continental breakfast (waffles, bread, yogurt, oatmeal, muffins, fruits, hard boiled eggs) runs 6-9 during week and 7-10 during weekend.
- Complimentary wireless internet available throughout the hotel.

Saturday night social:

El Coyote Junction: 232 Jibboom St. moderately priced Mexican grill and bar. Walking distance from hotels.

Directions:

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(detailed campus map will be sent to all participants)

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No parking charges on weekends.

Instructors:



Ken Grace - Coached track and field and cross country both community college and high school for 30 years. USATF certified level 1 & level 2 in both jumps and endurance Coach Grace has 6 community college state champions, 1 high school state champion in cross country, 1 national champion to his credit, and authored several articles on training and endurance. Coach Grace returns to the head coaching role at Chabot after serving as dean and athletic director from 1993 to 1995. Grace was awarded California Community College Coach of the Year in 1991. BS in Kinesiology Cal-State Hayward, MA Education Stanford University.



Matt Lydum - Presently an assistant professor in education/sport science and assistant track coach at Defiance College, Lydum served as the head men's track coach at San Francisco State University for eight years before beginning his doctoral work at the University of Arizona. He was the 1998 NCAA DII Regional Coach of the Year and has represented the USOC at the International Olympic Academy. He has worked with numerous NAIA & NCAA DII All-Americans. More recently, Lydum has served as assistant coach on several international USATF Youth teams and authored a book entitled Coaching Youth Track and Field. Lydum has completed the USATF Coaching Education Level 2 Program in Sprints, Hurdles, Relays, Jumps, Combined Events, and Throws, plus coordinates the USATF Instructors Training Course (ITC).



Dr. Dave Shrock - Under Coach Shrock's guidance at Modesto Junior College, the program amassed two Nor-Cal championships and three runner-up titles, with Shrock named California Central Valley Coach of the Year ten times while his program generated sixty-four All-Americans. Shrock began his coaching career thirty-two years ago at the College of San Mateo before coaching cross country and assisting with track at Stanford and San José State. Shrock serves in a number of USATF and leadership roles including Pacific Association Vice President and Coaching Committee Chair, while serving on the national Coaching Education Committee promoting clinics and instructing at Level 2. Shrock is Level 2 certified in endurance, jumps, and sprints/hurdles, while having earned Level 3 certification in training theory.

Level 1 Information:

The USATF Coaching Education Level 1 program is intended as a starting point for coaches. One of the objectives of the Level 1 program is to put all coaches on common ground (i.e., speaking the same language). The Level 1 program covers all events by emphasizing fundamentals, rules, safety/risk management, and instruction techniques. Level 1 certification prepares an individual to coach at the junior high school, high school, club, and collegiate level.

Requirements:

- Be at least 18 years of age
- Complete a Level 1 coaching education school
- Pass an exam 200 question on-line exam

Benefits:

- Recognition of completing USATF Level 1 Course
- Curriculum text covering sport science and individual events
- Skills and knowledge to coach athletes at the youth/high school to collegiate level
- Eligibility for CEU's (*continuing education units*) at an additional fee
- Eligibility to attend a Level 2 School

About Level 1 School:

Level 1 Schools are a two day course where 21 hours are spent on track & field and related sport science. The course consists of classroom instruction as well as hands-on training. Attendance at all sessions is required.

After the school, participants must complete an online exam that covers event-related and sport science subjects.

Upon passing the exam and fulfilling the other requirements (*see above*), participants will be issued a Level 1 Certificate of Completion.