



VS Athletics West Coast SuperClinic

Sat, 2 February, 2013 - 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 with several having coached many of our London Olympic competitors and medalists!

Featuring one of America's top endurance coaches Bob Larsen in addition to Dec. gold medalist Ashton Easton's coach Harry Marra and silver-bronze jumps medalist Will Claye's coach Jeremy Fischer!

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 five areas:

endurance, sprints/hurdles, jumps, throws, and support topics *(little things that make a BIG difference)*

Clinic Cost: ***(Due to last year's phenomenal demand, we will cap registration at 400 coaches this year)***

\$50.00- pre-registered by Wednesday, 30 January, 2013. 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 31 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

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 VS Athletics website.
- vendors expo with equipment and information to start your season.
- tote bag with VS Athletics catalogs in addition to related coaching goodies
- generous raffle during lunch
- SAVE \$\$\$: order most track products before 30 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: coachshrock@gmail.com

Do not miss this incredible learning opportunity!