



# West Coast Track & Field SuperClinic

## Sat, 1 February, 2014 – Sacramento City College

*Presented by Coaches Choice Books & DVDs and HOKA Running Shoes*

*Featuring many of America's top coaches!*

Clinic Schedule: *(check [pausatf.org](http://pausatf.org) website for detailed schedule in January)*

**8:00-9:00am - Registration in foyer of Lillard Hall, Sacramento City College**

**9:00-9:20am - Introduction and Orientation**

**9:20am-5:00pm - Four 90 minute sessions in five areas:**

### Sprints/hurdles presenters:

**Tom Tellez:** Perhaps America's most prolific sprint coach, Tellez coached for 22 seasons at the University of Houston and coached Carl Lewis, Leroy Burrell, Mike Marsh, Willie Banks, and Dwight Stones. Between 1984-1996, six of seven US sprinters who won Olympic Gold were coached by Tellez, and seven of the US's overall 13 medals were claimed by his athletes.

**Kathleen Raske:** Coach Raske has rebuilt the Sacramento State program, and led the Hornets to 14 Big Sky Championships, while finishing second six times. Raske has been selected to coach or manage several USA international teams and in acknowledgement of her success in coaching hurdles, Raske has also been selected to coordinate USATF's Women's Hurdle Development Program.

**Troy Johnson:** Currently the head T&F coach at CSU Stanislaus, the former Cal-Poly Pomona coach has had great success having coached 34 all-Americans. He also coached two-time DII national champion Chaunte Mitchell, and 2008 Olympic 400m Trials qualifier Joel Stallworth, while guiding 85 athletes to qualify to the NCAA DII championships. A noted clinician, Johnson is an IAAF Academy Coach in the Sprints/hurdles and presents for LA84 and USATF on a regular basis.

### Endurance presenters:

*just added!* **Peter L. Thompson:** Involved in international athletics coaching for over 50 years, Thompson is the IAAF global leader for the Running Event Group, and created much of the IAAF coaching education curriculum. In 2006, the European Athletics Coaches Association, the world's oldest coaching association, recognized Peter by appointing him as Endurance Event Group Leader for the European area.

**Walt Lange:** Ranked as one of America's most successful cross country coaches, Lange's Jesuit teams have won 23 Sac-Joquin section championships, and 9 state D-2 Championships (22 team appearances). Two Jesuit runners, Eric Mastalir (1986) and Micheal Stembler (1995) were awarded Gatorade National Track Athletes of the Year. In 2012, in recognition of his service to our sport, Lange was awarded the Pacific Association's Legacy Coach Award.

**Marco Ochoa:** As cross country coach at Costa Mesa's Orange Coast Community College, Ochoa has built a dynasty of success for his men's and women's teams, winning the California JC-CC Champs. XC team title 10 times, and being named State Coach of the Year numerous times. An international caliber runner and protégé under Coach Joe Vigil, Ochoa has successfully adapted Vigil's principles to the California environment.

**Diljeet Taylor:** Director of CC-T&F at CSU Stanislaus, Taylor brings her success as an athlete to the Warrior distance program. Taylor's XC teams have made several national meet showings and she has been voted CCAA coach of the year twice. As a middle distance runner, Taylor (Mendoza) was a 3-time All American and finished second in the NCAA DII 800m in 2002. Taylor continued on to train and compete with the Nike Farm before turning her focus to coaching.

### Jumps presenters:

**Boo Schexnayder:** Regarded internationally as one of the leading authorities in coaching of the jumps and training design, Schexnayder has 33 years of experience in the coaching and consulting fields. He is most noted for his 12 years at LSU where he coached 19 NCAA Champions and was a part of 12 national championships. He has also coached several Olympic and World Championship Medalists, and was the Jumps Coach for Team USA at the 2008 Olympics in Beijing. Schexnayder currently serves as the Director of the Track and Field Academy, the educational branch of the US Track and Field and Cross Country Coaches Association (USTFCCCA).

**Terry VanLaningham:** Under Coach VanLaningham's tutelage, the Hornet jumps, vault, and multis have experienced much success. In his nine seasons he has coached; three NCAA All-Americans, two USATF Junior All-American's, claimed 45 conference championships, qualified 44 times to the NCAA championship meets, earned 100 all-Big Sky accolades, have set 32 school records, recorded 135 all-time top 10 marks, and awarded Big Sky conference MVP six times.

**Ken Grace:** Coach Grace has coached track and field and cross country at both community college and high school levels for 31 years. Grace has to his credit 6 community college state champions, 1 high school state champion in cross country, 1 national champion, and being selected the 1993 & 1995 California Community College Coach of the Year. Grace has authored several articles on varied topics in track and field, and is a nationally recognized clinician.

### Throws presenters:

**Tony Cirarelli:** One of America's premier throws coaches, Tony has been coaching post-collegians for more than 15-years, including 1992 Olympian Brian Blutruech (discus), and numerous Olympic Trials finalists. Since 2006, he has been coaching 3-time Olympian Jason Tunks (discus), and 2-time Olympian Lieja Tunks (discus & shot). In weightlifting, has also coached 15 qualifiers for the Senior National Championships along with 35 qualifiers for the U.S. Junior Championships, seven (7) National Junior Champions, and two (2) National Junior record holders.

*Continued on reverse...*

Jere' Summers: Ranked in the top ten in the USA for the women's discus, Summers excelled at the Berkeley HS, and then University of Louisville competing in four throwing events: shot put, discus, hammer, and the weight throw, she is currently she is focusing on the discus. Back training in the Bay area for the 2016 Rio Olympic Games, Summer's coaches youth and high school throws. Summers also serves as the USATF Pacific Association Athletes Committee Chair.

Jeff Magley: The Hornet throwers have enjoyed much success under Magley's leadership. In eight seasons they have; earned two NCAA All-America accolade, provided the programs first NCAA Indoor Championship competitor, sent 26 to compete at the NCAA championship meets, won 11 Big Sky Conference titles, earned 41 all-conference honors, established 23 school records, set three conference all-time and championship meet records and produced 119 all-time top 10 Sacramento State marks.

Shane Jackson: Accomplished throws coach at Rancho Cordova's Cordova High school, Jackson has perennially had top Sac Joaquin section throwers excel in the shot and discus. As Head Coach Shane has overseen the rebuilding of the Lancer Boys & Girls programs which as seen five state qualifiers, three Sac Joaquin Section Masters Meet champs, and eleven SJS Div II-III section champions.

### Special Topics presenters *(Little things that make a BIG difference):*

Dr. Al Biancani: A world renowned innovator and developer of sports conditioning programs for elite and professional athletes. Biancani was recently the National Strength and Conditioning coach for the numerous Chinese National & Olympic Teams. Prior to his Chinese experience "Coach Al" served as the Sacramento King's & Monarch's strength and conditioning coach for 18 seasons. As T&F coach at CSU Stanislaus, Biancani's athletes earned 86 All-American awards. Biancani serves on the Education Committee for the National Strength Coaches Association, and is a recipient of the NSCA President's Award.

*just added!* Tim Barnes: Tim is a biomechanics expert who has consulted numerous running shoe companies on improving their product, in addition to master trainer for Olympic Training Systems, and manager for Sonic fitness. A prolific writer, Tim is also the founder of Therafit and Therafit Pilates Centers.

Dave Soeth: Twenty-seven years a head high school track and cross country coach, for the past fifteen years Soeth has turned his energies to track and field officiating. As an highly respected Official he has earned the rank of Master Official, specializing in the throws, implement inspection, and starting. As a result of his officiating accomplishments, Dave was chosen to Officiate at the Olympic Trials and World Master's Championships. Soeth also serves as meet director of the Sac Joaquin subsection, DIV-V meet.

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

**\$65.00** - pre-registered by Wednesday, 29 January

**\$85.00** - registration at the door for individuals.

Contact Peanut Harms at [nutboy51@yahoo.com](mailto:nutboy51@yahoo.com) for coaching staff discounts of 4 or more coaches prior to 29 January.

Register now: [Click here for registration and payment](#) on Coaches Choice website

### What you get:

- all preregistered coaches will receive presentation notes of each session they attend, with additional clinic notes available on the [www.pausatf.org](http://www.pausatf.org) website after the clinic.
- clinic bag for notes and vendor goodies
- vendors expo with equipment and information to start your season
- generous raffle during lunch
- Pacific Association of USATF Coaches Committee Annual meeting from 12:45-1:15pm

**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 the first light and park in west parking lot to 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 100m after Hughes Stadium into campus, park in west parking lot to 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. Hotel runs complimentary shuttles to/from airport. There is also SuperShuttle: [www.supershuttle.com](http://www.supershuttle.com), 800-258-3826. To/from Richard Road hotels: \$14.00; direct to/from City College: \$21.00

**Accommodation:** La Quinta Inn - 200 Jibboom St. - Sacramento, CA 95814 - [www.LQ.com](http://www.LQ.com) **\$69.95 sgl. or dbl.**

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

Complimentary shuttle runs from 5am-10pm every day; main priority is to/from airport but when available will go within a 5 mile radius (SCC). Continental breakfast (waffles, bread, yogurt, oatmeal, muffins, fruits, hard boiled eggs) served 6:00-9:00am during week and 7:00-10:00am during weekend. Complimentary wireless internet available throughout the hotel.

Further Info: Peanut Harms: [nutboy51@yahoo.com](mailto:nutboy51@yahoo.com), or Dave Shrock: [coachshrock@gmail.com](mailto:coachshrock@gmail.com)

***Do not miss this incredible learning opportunity!***