



West Coast Track & Field SuperClinic

Sat, 31 January, 2015 – 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 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: Washington State's Rick Sloan, American River College's Mike Reid, Revolution Express's Roosevelt Kent, National Team's Coach Joy Upshaw

Endurance presenters: BYU's Patrick Shane, noted coach and author Jay Johnson, CSU Stanislaus's Diljeet Taylor and El Dorado's Tena Harms on female running considerations

Jumps presenters: Cal Berkeley's Ed Miller, Washington State's Rick Sloan,

Throws presenters: Olympian Suzy Powell, Golden State Throws coach Mike Curry, El Dorado's Brian Masterson

Special Topics presenters: *(Little things that make a BIG difference):* CalTrack & Running News publisher Larry Eder on how to enhance your team's cyber presence

Additional speakers being added weekly!

Clinic Cost and Registration *(registration site opens middle of November)*

\$65.00 - pre-registered by Wednesday, 28 January

\$85.00 - registration at the door for individuals.

Contact Peanut Harms at nutboy51@yahoo.com for coaching staff discounts of 4 or more coaches prior to 28 January.

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 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

A portion of the clinic's proceeds goes towards scholarships for Pacific Assoc. Coaches to attend an Assoc. Level 1 School

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

Accommodation: Best Western Sandman - 236 Jibboom St, Sacramento, CA 95811, **\$69.00 sgl. or dbl. GREAT RATE!**

Reservations can be booked by calling (916) 443-6515 and asking for the 'SuperClinic' rate until 10 January. Airport car, 8:00 am to 5:00 pm To/from airport, Sacramento CC. Complimentary continental breakfast, choice of waffles, breads, cereal, fruit, eggs, yogurt, juice, coffee and hot items. Complimentary wireless internet available throughout the hotel.

Further Info: Peanut Harms: nutboy51@yahoo.com, or Dave Shrock: coachshrock@gmail.com

Do not miss this incredible learning opportunity!