

# THE ULTIMATE HS JUMPS CLINIC

Coaches of Olympians share their secrets and teach the long, triple and high jump to athletes and coaches who want to be the best!



## Get Coached and Mentored by the Best!

**Jeremy Fischer, Olympic Training Center Coach, coached 2012 Olympic Silver and Bronze medalist Will Claye in the Triple and Long Jump.** He is a USATF Level 1,2,3 Lead Instructor. He has coached World Championships medalist, USATF Champions, NCAA Champions, NFL and MLB Players. He is an expert in speed, power, and the jumps.

**Cliff Rovelto, Kansas State Director of Track & Field, coached 2012 Olympic Silver medalist Erik Kynard.** Has personally directed 51 individuals to 122 NCAA All-America honors. He has coached 44 All-Americans and 25 conference champion high jumpers, while leading 21 All-Americans and 17 conference champs in the long and triple jump.

**Sheldon Blockburger, University of Arizona Jumps Coach, coached 2012 Olympic Silver medalist Brigitta Barrett.** Has coached 5 NCAA Champions in the jumps and multi-events. He has coached multiple Pac-12 Champions in the jumps. He is recognized as one of the top jumps coaches in the United States.

**John Rembao, USA Track & Field Development Chair from 1996-2006, has coached 3 Olympians, 15 NCAA Champions and 93 NCAA All-Americans.** He coached his wife (Sue) to the **1992 Olympic Games** in the high jump.

**Sue Rembao, 1992 Olympian, 2-Time World Championships competitor, a physical education teacher and high school coach.**

**Liz Patterson, 2010 NCAA Division I High Jump Champion.**

## Olympic-level Coaching!

for athletes/coaches-January 5, 2013!

### Get ready for track season!

Let **D1 Athletics** teach you the critical skills necessary to improve your acceleration, maximum sprint speed, power and jumping ability!

#### What's different this jumps clinic?

This isn't your garden-variety "jumps clinic;" our coaches have Olympic-level experience in teaching specific drills and techniques to boost your speed, power and jumping ability.

**Take this rare opportunity to learn from the best jumps coaches in the United States!**

### D1 Athletics Jumps Clinic Format

**Saturday, January 5**

**Personal Learn-by-doing Coach/Athlete Mentorship**

Athletes, bring your notebook, pencil and shoes, and get ready to listen, practice and learn!

9:00 AM: Check-in

10:00 AM: Warm-up & Drills

10:45 AM: Speed Development (acceleration & max speed)

11:45 AM: Lunch Break (coaches discussion)

12:30 PM: Event Specific Drills and Technique

3:30 PM: Power Development (plyometrics & throws)

4:30 PM: Group Warm-down & Stretch

5:00 PM: Questions

5:30 PM: Wrap-up

**Registration** is limited! Only 20 athletes per event group will be allowed to sign-up. Sign-up at [Active.com](http://Active.com)! Search: **NorCal Jumps**

**Athlete Cost:** \$154 for one-athlete, \$125 for 5 athletes or more (must email [JohnR@D1Athletics.com](mailto:JohnR@D1Athletics.com) for 5 athletes option)!

**Coach Option:** Coaches that bring 5 athletes attend for free (must email [JohnR@D1Athletics.com](mailto:JohnR@D1Athletics.com) for 5 athletes option), otherwise pay \$50 for a one-on-one day of mentoring in a learn-by-doing format. Coaches receive a training manual, clinic t-shirt, snacks, and valuable time with the very best coaches our sport has to offer!

**Location:** Soquel High School - 401 Old San Jose Rd, Soquel, CA 95073

**This clinic will take place irregardless of weather!**

Email: [JohnR@D1Athletics.com](mailto:JohnR@D1Athletics.com) or **go to Active.com** to register, just search: **NorCal Jumps**