



# 2010 VS Athletics Nor-Cal Track & Field SuperClinic

## Sat, 23 January, 2010 - 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)*

**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 - Sprints and Hurdles:**

**Dixon Farmer:** Coach Farmer brings with him 45 years of collegiate track/field coaching culminating in being selected for the 2000 Olympic coaching staff. Coached collegiately at San Diego State University and Occidental College where he was also NCAA champion Intermediate hurdles.

**Jim Hiserman:** During the past 35 years, Hiserman has coached at every level. From the creation of the first ever girls sport team on the Monterey Peninsula, progressing through high school, junior college, and collegiate ranks. Coach Hiserman has cultivated state and national qualifiers at every level, and has developed 27 NCAA national qualifiers and 13 All-Americans at both NCAA divisions I and II, while coaching at Washington State, CalPoly-SLO, and Sonoma State Universities. Author of the authoritative book entitled A Program Design method for Sprint & Hurdle Training.

**Aaron Thigpen:** A former national caliber sprinter, Aaron competed on 11 US national teams before coaching sprints at Dublin HS, Merritt, Grossmont and Chabot Colleges. Thigpen has also instructed at the Chula Vista US Olympic Training Center for junior speed development, and currently operates Gamespeed Sports Performance in Pleasanton.

**Curtis Taylor:** Taylor has been successful at all levels of the spectrum, coaching the successful EOYDC youth track program to the collegiate level at Laney College. Taylor has coached numerous all American and age group record holders coaching youth, while in his 5 year tenure at Laney, Taylor has coached 10 state champions, and has been named the Women's Nor-Cal coach the year three times, in addition to the Women's state coach of the year twice. Taylor is the western regional Junior Women's Sprint Coordinator for USATF and has been a USATF Level III sprints and hurdle clinician.

### **Endurance:**

**Mark Conover:** Conover has been the head cross country coach and distance coach at Cal Poly for the past 12 years and recently named Cal Poly's Director of Track and Field. Conover has coached twelve Big West championship teams, along with over 25 conference champions, and has been named Big West Conference Men's Coach of the Year ten times and USTFCCCA West Region Coach of the Year twice (2000 and 2003). He has coached the Mustangs to four top-20 finishes in the NCAA Division I Cross Country Championships. In 1988, Conover was the Olympic Trials Champion in the marathon and went on to run at the 1988 Seoul Olympics.

**Ken Grace:** Coach Grace has coached track and field and cross country both community college and high school for 29 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 training and endurance,

**Jim Hunt:** With 63 years of coaching experience, 31 with youth and high school, and 32 years at collegiate level at Humboldt State, Coach Hunt became one of the nations most successful distance coaches coaching 74 NCAA Div. II All-Americans. Always an innovator, Coach Hunt is a specialist in running technique and neuromuscular training, producing a DVD entitled "The neuromuscular aspects of distance running."

**Bill Gregg:** Cross country and distance coach at Davis Senior High School since 1997, Gregg has produced 14 division 1 section championships teams, and Davis teams have been a perennial powerhouse at CIF championships for the past decade.

### **Throws:**

**Andy Bloom:** Finished fourth in the shot put in the 2000 Olympics, matching the 4<sup>th</sup> place finish he had at the 1999 World Championship. In 1999 and 2000, Andy won the US Indoor Championships in the shot put and in 2000, he won the Grand Prix Final with his PR throw of 71'7.25". In addition to the shot put, Andy threw the discus in three world championships and finished his career with a PR of 224'7". In 1996 he won the NCAA championship in both the shot put and discus for Wake Forest.

**Bob MacKay:** One of the best technical throw coaches on the west coast, Coach 'Mac began coaching at Modesto JC in 1983 before moving to Moorpark College in 2000. Coach 'Mac has coached 4 national JC records holders, 25 state champions, and over 100 JC All-Americans. Recently named the JC National Throws Coach of the Year-2009 by the NTCA.

**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 3<sup>rd</sup> 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.

## Jumps:

**Jan Johnson:** One of the nation's leading vault gurus, Jan was the 1972 Olympic Bronze Medalist in the pole vault and Dad plus 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.

**Jerry Noble:** Jerry has coached the sprints and jumps at the NCAA DII, DIII and Junior College levels. In his first year as coach at Hartnell College, Noble was honored as the Northern California Coach of the Year. Currently the Associate Head Coach at DeAnza College. In 2001, Noble was the NCAA Div. II National Champion in the decathlon, and holds NCAA All-American honors.

**Dr. Mel Ramey:** Professor Emeritus in the Department of Civil and Environmental Engineering at the University of California, Davis. Ramey has studied, coached and competed in the horizontal jumps for more than 40 years. Currently he is working with the Sports Sciences Subcommittee of the High Performance Division of USATF.

**Jeff Rogers:** Former UC Berkeley All-American, Rogers holds Cal's school record in the high jump (7'5.75"). 5th on All-Time California High School list (7'3"), Rogers is in his 13<sup>th</sup> year at St. Mary's-Berkeley where he has coached two 7'0" California State Champions.

**Bob Lanza:** A forty year coaching veteran and former SacCC head coach, Coach Lanza is an accomplished HJ coach having coached Olympian Jamie Nieto among several other 7 foot jumpers. Lanza was inducted into the California Community College T&F Hall of Fame in 2007.

## Clinic Cost:

\$50.00- pre-registered by Wednesday 20 January, 2010. To register on-line, go to: <http://www.vsathletics.com>

\$65.00- registration at the door

contact Peanut Harms at [peanut@vsathletics.com](mailto:peanut@vsathletics.com) for coaching staff discounts

## What you get:

- all preregistered coaches will receive presentation notes of each session they attend, with additional clinic notes available at [www.vsathletics.com](http://www.vsathletics.com)
- vendors expo with equipment and information to start your season. Adidas, Asics, Nike, and VSAthletics have confirmed with many feed goodies for coaches!
- tote bag with VS catalogs in addition to related coaching goodies
- generous raffle during lunch
- free shipping of most VS Athletic products collected at clinic, and ordered prior to Sat., 17 January

**Directions:** Sacramento City College, 3835 Freeport Blvd., Sacramento, 95822. Clinic will be in Lillard Hall, SE corner of campus.

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

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

**SuperShuttle:** [www.supershuttle.com](http://www.supershuttle.com), 800-258-3826. To/from Richard Road (Jibboom St) hotels: \$14.00, directly to/from City College: \$21.00

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

**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.

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

\$67.50 sgl. or dbl. if booked by 8 January, 2010.

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.

**Further Info:** Peanut Harms: [peanut@vsathletics.com](mailto:peanut@vsathletics.com), or Dave Shrock: [dshrock@pacbell.net](mailto:dshrock@pacbell.net)

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

*Presented in cooperation with the PAUSATF Coaching Committee*