



# 2010 VS Athletics Nor-Cal SuperClinic Schedule

*(as of 11 January, 2010)*

**8:00-9:00am:** registration and vendor displays in outdoor foyer of Lillard Hall

*(Lillard Hall is located in the SW corner of Sacramento City College near the intersection of Freeport and Sutterville Roads)*

**9:00-9:15am:** Brief welcome and orientation in outdoor foyer of Lillard Hall

*(keynote presentation has been regrettably cancelled due to the lack of a large enough venue)*

- ✓ Presentation notes available at each session
- ✓ Coaches are encouraged to attend different event groups based on interest

Session	Rm	Event Group	Speaker	Topic
Session 1 9:15-10:45	101	Throws	Andy Bloom	Attack the Back: Focusing on the Back of the Ring for Longer Throws
	103	Endurance	Mark Conover	Facilitating Successful Training and Racing
	201	Sprints-Hurdles	Dixon Farmer	Hurdle Development for the High and Intermediate Hurdles
	203	Jumps	Dr. Mel Ramey	Technology and the Horizontal Jumps at the USOC Training Center
Session 2 11:00-12:30	101	Throws	Bob MacKay	Critical Factors in the Discus <i>(lunch demonstration in stadium)</i>
	103	Endurance	Bill Gregg	Increasing Team Size and Building Team Spirit
	201	Sprints-Hurdles	Aaron Thigpen	Concepts of Sprint Development
	203	Jumps	Jeff Rogers & Bob Lanza	High Jumping the Easy Way: A Practical and Useful Approach to the High Jump <i>(lunch demonstration in stadium)</i>
Lunch 12:30-1:30	Vendors displays in outdoor foyer raffle beginning at 1:10pm			
Session 3 1:30-3:00	101	Throws	Ramona Pagel	Shot Put Learning Progression and Workout Planning for the Novice Coach
	103	Endurance	Jim Hunt	Innovative Training Scheme to Develop the Complete Runner in Endurance Events
	201	Sprints-Hurdles	Jim Hiserman	Strength & Power Training for Sprints and Hurdles
	203	Jumps	JJ Noble	Fundamental Concepts for Approach Consistency in the Horizontal Jumps
Session 4 3:15-4:45	101	Throws	Kent Pagel	Discus Pedagogy; Teaching the Throw
	103	Endurance	Ken Grace	Utilizing Heart Rate to Train Endurance Athletes
	201	Sprints-Hurdles	Curtis Taylor	Task Specificity in Speed Development
	203	Jumps	Jan Johnson	Teaching Beginners & Techniques for Optimal Jumping
4:50-5:30	103	Inside Story on Footwear Production and Event Spike Selection, presented by Nike		

***Thanks for helping make the inaugural VS Athletics Nor-Cal SuperClinic a success!***

***Further information: [www.vsathletics.com](http://www.vsathletics.com), pass code: 'VS Athletics SuperClinic'***

*speaker biographies on next page...*

# Speaker Biographies

## 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 intermediate hurdles champion while an athlete at Oxy.

**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.

**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.

**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 was 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 USTFCCA 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.

**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.

**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 nation's 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."

**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,

## 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.

**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.

**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.

## Jumps:

**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 Hall of Fame in 2007.

**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.

**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.