



VS Athletics Track & Field SuperClinic

Sat, 22 January, 2011 - 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 closer to date)*

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-Endurance:

Danny Aldridge: Aldridge has known success as both an athlete and coach. A CIF state runner up in the 880 in 1:49.7, Aldridge went on to win the JC state and NCAA two-time champion while at CalPoly SLO running 3:40.67 for the 1500m. Aldridge was a successful college coach at CalPoly-SLO and Sonoma State before moving to the high school ranks coaching phenom Julia Stamps and successful teams at both Maria Carrillo HS and Sonoma Academy.

Bob Sevene is one of our sport's most accomplished endurance coaches; Sevene has coached for over forty years at every level from high school, NCAA division I, II, III, and club level. Perennial coach of the year in the 70's and 80's while at DII Boston University. Sevene has earned both TAC and USATF Awards for his coaching accomplishments while coaching athletes that have been on both World Championship and Olympic Teams including Joan Benoit and currently Blake Russell.

Kelly Sullivan: Now in his seventh season at the helm at Oregon State, Sullivan is charged with putting Oregon State back on the national cross country and track and field map. Sullivan was previously head coach at Willamette University in nearby Salem and head cross country and assistant coach at Auburn and Clackamas Community College. Sullivan has trained some of the nation's top athletes.

Chuck Wooldridge: Head coach of College Park High School cross country and track teams from 1996 through 2006, followed by Campolindo High School cross country and track from 2006 to the present. Wooldridge's teams have earned six North Coast Section girls' cross country titles and five NCS boys' titles highlighted by this year's Girl's Div. III state XC CIF Championship crown. California Coaches Association 'Cross Country Coach of the Year' 2005-2006. USATF Level 1 and 2 coach and North Coast Section cross country and track management committees member.

Sprints-Hurdles:

Ed Barber: A USATF Level 3 Coach in sprints and hurdles, Barber is currently the sprint, hurdle, and combined event coach at Hartnell College in Salinas. Coach Barber took Calvin Harrison to a California State 400m title, (45.23), and in 1996 to the Olympic Trials (44.78). Calvin went on to run on the gold medal 4x400m relay team. Coach Barber also has a California CIF State Track Title and was Honor Coach of the Year in 1993.

Charles Clinton: Has been an elite clinician for USA Track and Field in the High Performance area for the Men's and Women's Sprints, Hurdles and Relays area. Responsible for developing and teaching the Emerging Elite Coaches camp advanced curriculum from a scientific, technical and practical approach for these event group areas. As an assistant coach at Long Beach Poly for 15 years, Clinton coached many state and national champions during his 15 years coaching in the program.

André Phillips: A Silver Creek, San Jose CC and UCLA graduate, Phillips is considered one of the greatest American hurdlers. While breaking the Olympic Record and creating a personal record of 47.19 in 1988, Andre won the Olympic Gold Medal in the 400 meter hurdles. During 7 of the 10 years he competed he was ranked number 1 or number 2 in the 400 meter hurdles. He is also the only hurdler in history to be ranked in the top 3 in the world for both the 110 meter and 400 meter hurdles in the same year.

Bryon Talley: In three years of NCAA Division I competition, Talley has coached several regional and national qualifiers at UC Davis while breaking more than a dozen school records and coaching five USATF championship performances. Talley took over the reins of the successful Aggie program as head coach from Dee and Jon Vochatzer in 2010.

Throws:

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 3rd 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.

John Powell: Considered the finest technician ever in the history of the discus events, John Powell is respected for both his teaching and throwing abilities. Four-time Olympian, eight-time National Champion, and two-time Olympic Medalist, no one is more effective in the ring than Powell. A former World Record Holder, at age 40, Powell won the Silver Medal at the Track & Field World Championships in Rome becoming the first (and so far) only Masters Athlete to win a medal at the World Championship.

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Stephanie Brown-Trafton: Capping her career in 2008 winning the Olympic Gold medal in the discus, Stephanie has been among the American elite for some time exemplified by winning the 2009 USA Outdoor championships, 2004 Olympic Trials runner-up, two-time Olympian ('04, '08) and 2007 NCAA champion. Stephanie was also a three-time Big West champion while competing for CalPoly SLO.

Jumps:

Dr. Don Chu: Was the jumps coach at CSU Hayward during an era in which the Pioneer team captured the Division II National Championship and was the perennial Champion of the Far Western Conference. Over a 12 year span the program produced 42 All-Americans and 17 National Champions in these three events. Chu is considered the Godfather of plyometric training in the US, and author of 'Jumping into Plyometrics'.

Charlie Craig: Has coached for 39 years at all levels and retired from Cal State Bakersfield after 32 years as head coach. As an athlete, Craig triple jumped 54-4.50 and was an NCAA, Pan-American and both AAU indoor and outdoor triple jump champion. Craig continued his success coaching as a three time Olympic coach and assistant and head international team's manager.

Rob Dewar: In his sixth year as had head men's track and field coach at Sacramento City College, Dewar brings continued recognition and success to the Panther program. Perennially in the top three in the state JC championships, winning the championship outright in 2007. Dewar had been an assistant coach at UC Davis and CSU Stanislaus prior to coming to Sacramento CC.

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

Clinic Cost: *(Due to last year's phenomenal demand, we will cap registration at 425 coaches this year!)*

\$50.00- pre-registered by Wednesday 19 January, 2011. To register on-line, go to: <http://www.vsathletics.com/clinic>

\$65.00- registration at the door for individuals.

Contact Peanut Harms at peanut@vsathletics.com for coaching staff discounts (*prior to 19 January only*)

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 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.

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

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

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

Accommodation: La Quinta Inn - 200 Jibboom St.- Sacramento, CA 95814 - www.LQ.com

\$62.00 sgl. or dbl. if booked by 7 January, 2011.

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.

What you get:

- all preregistered coaches will receive presentation notes of each session they attend, with additional clinic notes available on the VSAthletics website.
- vendors expo with equipment and information to start your season.
- tote bag with VS catalogs in addition to related coaching goodies
- generous raffle during lunch
- SAVE \$\$\$: order most track products before 17 January, and we'll ship free of charge to the SCC.
- Portion of the clinic's proceeds benefits the Pacific Association Coaches Education scholarship program.

Further Info: Peanut Harms: peanut@vsathletics.com, or Dave Shrock: dshrock@pacbell.net

Do not miss this incredible learning opportunity!