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Track & Field SuperClinic Sat, 4 February, 2017 - Sacramento City College

Presented by Coaches Choice Books & DVDs - 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:**

Endurance:

Gary Wilson – 37 year veteran collegiate coach, 22 of which have been at Univ. of Minnesota earning numerous national honors

PattiSue Plummer – Two time Olympian, US 5km record holder and multiple national champ while at Stanford, now a successful high school coach in the Bay Area.

Dave Monk – Former successful Amijo and Fairfield HS coach recently hired to lead SacState distance program

Sprints/Hurdles:

Rob Johnson – Veteran coach from Wabash College, Assistant Olympic Coach in Sydney who is also a popular clinician

Dr. Martin Palavicini – Ultra successful coach from ClovisWest while serving on multiple international teams

Rod Jett – Three time All American high hurdler while at Cal, three time OlyTrials qualifier, as current head coach at Jesuit, has lead the Marauders to 7 league and 3 section title, plus 2010 state title.

Jumps:

Dr. Don Chu – Nationally acclaimed coach and author who popularized plyometrics in the US and leader in sport rehabilitation

Bryan Parker – accomplished Rosemont/American River College jumps coach

Dave Unterholzner – BellaVista coach with successful track record coaching the high jump

Morley Roscrow – Coach Mo has developed a tradition of development and improvement during his tenure at American River College

Throws:

Adam Nelson – Olympic Gold medalist and three time Olympian popularizing the spin technique

Duncan Atwood – Olympic thrower, 2 time PanAm gold medalist now accomplished author and coach

April Smith - Successful Fresno State and international staff throws coach

Auxiliary: (topics that make a BIG Difference)

Don Chu - Prolific speaker and writer speaking on prevention and rehab of hamstring injuries

Duncan Atwood – Speaking on long term athlete development

Tena Harms – El Dorado HS co-head cross country coach discussing performance nutrition

Dr. Dave Shrock - Mandatory USATF Coaches and Officials SafeSport training



Clinic Cost: online reg: <https://www.simplyregister.net/register/?e=109827>, or this QR Code:

\$54.95 - School or club staffs or 3 or more: by Wednesday, 1 February at 11:59pm

\$69.95 – Individual pre-registered by Wednesday, 1 February at 11:59pm

\$89.95 - registration at the door for individuals

Contact Peanut Harms at nutboy51@yahoo.com for coaching staff discounts of 3 or more coaches prior to 1 February

What you get:

- all preregistered coaches will receive presentation notes of each session they attend
- coaching swag for first 200 registrants; printed speaker 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

Directions: Lillard Hall, Sacramento City College, 3835 Freeport Blvd., Sacramento, 95822.

Refer to the following link for clinic and campus location: <http://www.scc.losrios.edu/campus-map/>

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.

Accommodation: Best Western Sandman - 236 Jibboom St, Sacramento, CA 95811, \$92.00 sgl. or dbl. **GREAT RATE!**

Reservations can be booked by calling (916) 443-6515 and asking for the 'SuperClinic' rate until 27 January. Free airport shuttle: 8:00 am to 5:00 pm, with shuttles to SacCC. 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, or click on this QR code or on the website: <https://www.pausatf.org/coaches/track-field-superclinic/>

