



# HOKA ONE ONE

## Track & Field SuperClinic Sat, 30 January, 2016 - 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:**

**Vince O'Boyle** - ultra successful coach at UC Irvine for 32 years, coach of international middle distance stars the likes of Ruth Wysocki

**Terry Ward** - former Bellarmine Prep Coach (San Jose) perennial state powerhouse with Presentation HS coach Chris Cozort

**Carol McLatchie** - Seoul Olympic Marathoner currently coaching at multiple state champs Summit HS, Oregon with husband and international coach Jim McLatchie

**Sprints/Hurdles:**

**Mike Holman** - USATF elite coach and currently at Marion Univ, Indianapolis

**Tony Veney** - Master sprint/hurdles coach. Former UCLA Sprint coach while serving on numerous international teams

**Jumps:**

**Boo Schexnayder** - Arguably America's top jumps event coach who has a gift to break down the events into layman's terms

**Wilson Soohoo** - Demonstrated Pole Vault technician shares his log time observations and insights on the 'vault

**Jack Batson** - High Jump guru from New Mexico with proven success in the HJ and youth coaching

**Throws:**

**Rob Lasorsa** - USATF Men's shot put development chair who has guided the program to huge success. A clinic favorite, Rob has authored several books and DVDs.

**Tony Green** - CIF coach of the Year and veteran throws coach from Bishop O'Dowd with proven success over 30 years.

**Jeff Magley** - Successful Sac State throws coach and interim Hornet Head coach

**Auxiliary: (*topics that make a BIG Difference*)**

**Matt Fitzgerald** - Prolific speaker and writer on Sports Psychology plus author of the recent book How Bad Do You Want It?

**Tena Harms** - El Dorado HS co-head cross country coach discussing Performance Nutrition

**Dr. Dave Shrock** - Mandatory USATF Coaches - Officials SafeSport Training

**Clinic Cost:**

**\$69.95** - Indiv. pre-registered by Wednesday, 27 January; School or club staffs or 3 or more: **\$54.95** by Wednesday, 27 January

**\$89.95** - registration at the door for individuals

Contact Peanut Harms at [nutboy51@yahoo.com](mailto:nutboy51@yahoo.com) for coaching staff discounts of 3 or more coaches prior to 27 January

**Registration page (*for individuals and staffs*):** <https://www.simplyregister.net/register/?e=106914> or click on this QR Code:

**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.sosrios.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, \$95.00 sgl. or dbl. **GREAT RATE!**

Reservations can be booked by calling (916) 443-6515 and asking for the 'SuperClinic' rate until 22 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](mailto:nutboy51@yahoo.com), or Dave Shrock: [coachshrock@gmail.com](mailto:coachshrock@gmail.com), or click on the website:

<https://www.pausatf.org/coaches/track-field-superclinic/>

*Don't miss this incredible learning opportunity!*