

## **7<sup>th</sup> Annual LONE STAR "ELITE" TRACK & FIELD CLINIC**

Dear Coaches,

It's time for the *Seventh* annual Lone Star "Elite" Track & Field Clinic. Once again you have the opportunity to listen to some of the best track and field coaches in the nation and because the clinic is located in North Dallas, you are just minutes from great shopping, the best restaurants and great night spots. Please Note: The clinic has moved to a "NEW" December date to avoid a conflict with the Texas A&M and University of Arkansas Indoor Track & Field Meets that are always held the first week of January. Indoor Track & Field is growing in popularity!

We have upgraded our clinic to the prestigious Sheraton Dallas North Hotel (across from the Galleria Mall)-a convenient location allowing you to enjoy dining, shopping, nightlife in the Dallas area. It is easily accessible from both DFW international Airport and Dallas Love Field. Our goal is to provide a comfortable environment with quality education that equips you with the information and tools necessary to reach success in your sport or event. We look forward to seeing you at the clinic.

Sincerely,

Steve Silvey  
Clinic Director

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### **LONE STAR "ELITE" TRACK & FIELD CLINIC**

*December 10<sup>th</sup> & 11<sup>th</sup>, 2010*

**SHERATON DALLAS NORTH HOTEL**

*Dallas, Texas*

***Jeremy Fischer-USA Olympic Training Center***

***Lawrence Johnson-Clemson University***

***Norbert Elliott-University of Tennessee***

***Doug Brown-Ex-University of Florida***

***Chris Bucknam-University of Arkansas***

***Andy Kokahanovsky-University of Kansas***

***Rolando Greene-University of Arkansas***

***Paula Ogunbanjo-University of Louisiana***

***Dan Green-The Woodlands High School***

***Bryan Compton-University of Arkansas***

***Roger Brown-Skyline High School***

***Greg Williams-Lancaster High School***

***Steve Silvey-World Class Speed Development Camps***

*"THE FINEST TRACK & FIELD CLINIC IN THE COUNTRY"*

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#### ***Clinic Hotel***

Sheraton Dallas North Hotel

4801 LBJ Freeway (Interstate 635 North)

Dallas, Texas 75244

**\$79.00 "SPECIAL" Room Rate**

Hotel Phone (972) 661-3600 (Ext.1636 Sales)

Mr. Hank Re-Sales Manager

For the "Special" Lone Star Track Clinic rate you must contact Bri Biena-sales: [Bbiena@sheratondallasnorth.com](mailto:Bbiena@sheratondallasnorth.com)

#### ***Directions to Clinic***

**From the East:** Take I-635, take the Dallas Park way exit. Continue west on the access roads. Hotel is on the right.

**From the West:** Take I-635, take the Dallas Parkway exit. Turn left and the second light onto Dallas Parkway and left onto the service road. Hotel is on the right.

## 2010 Lone Star Track and Field Clinic Schedule

### Friday, December 10th, 2010

1:00pm to 6:00pm	<b>Registration at the Sheraton Dallas North Hotel-Dallas</b>	
2:00pm to 3:00pm	Roger Brown	Coaching the High School 800 meter Runner
3:15pm to 4:15pm	Paula Ogunbanjo	Training the Long Jumper/Triple Jumper
4:30pm to 5:30pm	Dan Green	Championship Distance Training
5:45pm to 6:45pm	Norbert Elliott	Sprint Training at the University of Tennessee
7:00pm to 8:00pm	A. Kokhanovsky	Coaching the "Elite" Shot & Discus Thrower
8:15pm to 9:15pm	Norbert Elliott	Training the 110 Meter High Hurdler
9:30pm to 10:30pm	Jeremy Fischer	Training the Combination High Jumper/Triple Jumper
10:00pm till Midnight	Coaches Social	Sponsored by: Lone Star "Elite" Track & Field Clinic

### Saturday December 11th, 2010

8:00am to 10:00am	<b>Registration at the Crown Plaza Hotel &amp; Resorts-Addison</b>	
8:00am to 9:00am	Chris Bucknam	Championship Middle Distance Training
9:15am to 10:15am	Lawrence Johnson	Women's 100 Meter Hurdle Training
10:30am to 11:30am	Rolando Greene	Coaching the 400 Meter Runner/1,600 Relay
11:45am to 12:45am	Bryan Compton	Developing the High School Pole Vault
1:00pm to 2:00pm	Doug Brown	Transitioning from Cross Country to Track and Field
2:15pm to 3:15pm	Greg Williams	Building a Championship Program at Lancaster High School
3:30pm to 4:15pm	Steve Silvey	300 Meter Hurdle Training

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### 2010-Lone Star "Elite" Track and Field Clinic Application

SCHOOL: \_\_\_\_\_ HEAD TRACK COACH: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

Number of Coaches Attending: \_\_\_\_\_ 1. Head Coach \_\_\_\_\_  
2.) \_\_\_\_\_ 3.) \_\_\_\_\_  
4.) \_\_\_\_\_ 5.) \_\_\_\_\_  
6.) \_\_\_\_\_ 7.) \_\_\_\_\_

Registration Fee: **\$100.00 Pre-Registration (Post marked prior to December 3<sup>rd</sup>, 2010)**

**\$125.00-Late Registration Dec 4<sup>th</sup> & after & Clinic Walk-ups (Sorry, No school purchase Orders)**

**Refund Policy: No Refunds except for a credit towards next year's clinic (Must Provide a Doctors Note prior to Clinic)**

Amount Enclosed \$ \_\_\_\_\_ Make Check Payable to: **Championship SSE Products, LLC**

Mail Your Registration Form To: Coach Steve Silvey  
6601 W. Plano Parkway #814  
Plano, Texas 75093  
PHONE: (972) 307-3545 Cell (972) 489-6679  
E-MAIL CONTACT: [WCspeed@hotmail.com](mailto:WCspeed@hotmail.com)

You may register online for the Lone Star "Elite" Track & Field Clinic at: [SSEproducts.com](http://SSEproducts.com)

**"The FINEST Track & Field Clinic in the Country"**