



WEST COAST TRACK & FIELD SUPERCLINIC

Sat, 1 February, 2014 – Sacramento City College

Presented by Coaches Choice Books & DVDs and HOKA Shoes

Featuring many of America's top coaches!

Clinic Schedule: *(check [pausatf.org](http://www.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:

sprints/hurdles: World renown coach of Univ. of Houston and Carl Lewis **Tom Tellez**, Women's Hurdle Development chair and Sac. State coach **Kathleen Raske**, Former CalPoly-Pomona and current CSU Stanislaus coach **Troy Johnson**.

endurance: California's most successful JC coach **Marco Ochoa** of Orange Coast College, Perennial CCS powerhouse San Lorenzo Valley coach **Rob Collins**, legendary Jesuit coach **Walt Lange**, CCAA coach of the year **Diljeet Taylor** of CSU Stanislaus.

jumps: Coach of numerous Olympians and America's premier jumps coach **Boo Schexnayder**, Sac. State jumps coach **Terry VanLaningham**, Calif. JC Coach of the Year several times **Ken Grace** of Chabot College.

throws: Premier throws coach **Tony Ciarelli**, who has produced over twenty-three 55 foot shot putters, and has coached more than twenty throwers over 160 in the discus, elite competitor and discus coach **Jere' Summers**, Top SJS throws coach **Shane Jackson** of Cordova HS, and highly respected Sac. State throws coach **Jeff Magley**.

special topics *(Little things that make a BIG difference):*

Master official **Dave Soeth** on debunking Mythical Rules in T&F, and **Al Biacani** world renowned sports conditioner of elite and professional athletes, currently head strength-conditioning coach of the Chinese Olympic basketball team

Clinic Cost: *(Due to last year's phenomenal demand, we will cap registration at 400 coaches this year)*

\$65.00- pre-registered by Wednesday 29 January, 2014. Registration details: www.coacheschoice.com and click on the clinic icon.

\$85.00- registration at the door for individuals.

Contact Peanut Harms at nutboy51@yahoo.com for coaching staff discounts of 4 or more coaches (prior to 30 January)

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 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.

Air: Sacramento International Airport (SMF) is 17 miles north of Sacramento City College; San Francisco international is 86 miles west. HQ hotel runs complimentary shuttles. There is also SuperShuttle: www.supershuttle.com, 800-258-3826. To/from Richard Road hotels: \$14.00; direct to/from City College: \$21.00

Accommodation: La Quinta Inn - 200 Jibboom St.- Sacramento, CA 95814 - www.LQ.com \$69.95 sgl. or dbl. Reservations can be booked by calling (916) 448-8100 ext. 0 and asking for the 'SuperClinic' rate. **GREAT RATE!**

Complimentary shuttle runs from 5am-10pm everyday; main priority is to/from airport but when available will go within a 5 mile radius (SCC). Continental breakfast (waffles, bread, yogurt, oatmeal, muffins, fruits, hard boiled eggs) served 6:00-9:00am during week and 7:00-10:00am 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 www.pausatf.org website after the clinic.
- 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

Further Info: Peanut Harms: nutboy51@yahoo.com, or Dave Shrock: coachshrock@gmail.com

Do not miss this incredible learning opportunity!