



USATF Level 3



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# South Carolina Sprints/Jump/Hurdles Coaches Clinic NOVEMBER 21-22, 2014

We are excited to host the 2014 South Carolina Coaches Clinic.

You can access the 2013 Clinic Highlights by clicking on this video:



2013 South Carolina Coaches Clinic  
Highlights

For more information, click on the link below to access to the Clinic website:

<http://southcarolinaclinic.weebly.com/>

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## 2014 Speakers

### Lawrence "Boogie" Johnson

Topic: *Development of a World class hurdle group training.*



Lawrence Johnson is among the nation's greatest sprint and hurdle coaches in U.S. track and field. His most recent coaching accomplishments include guiding Briana Rollins to a U.S. 100 meter hurdle record and gold medal in the 2013 World Championships in Russia.

Before coaching professional athletes, Johnson spent five years as Clemson's Director of Track and Field / Cross Country programs. Under his leadership the men's and women's teams have blossomed into one of the nation's elite-level programs in the NCAA. In just four years at Clemson, Johnson has coached 82 All-Americans and 48 ACC Champions. His athletes have been named ACC Most Valuable Performers on 11 different occasions, and 4 have been named the ACC's Athlete of the Year. Three of the athletes he coached at Clemson competed in the 2012 London Olympics-Warren Fraser of the Bahamas in the 100 meter dash, Marlena Wesh of Haiti in the 400 meter dash, and Patricia Mamona of Portugal in the triple jump.

Johnson earned a Bachelor of Science in Kinesiology from Arkansas in 2000 where he was nationally-renowned sprinter for the Razorbacks which included a 1998 NCAA Outdoor National Championship. Johnson is married to the former Lilly Montgomery and has four children, Desirae (18 years), Lawrence (12 years), Laniah (8 years), and Lukas (7 years).

## Dr. Ralph Mann

Topics: *Analysis of Sprint Mechanics, Start Mechanics & Maximum Velocity*



A scholar in the field of Sport Biomechanics, Dr. Ralph Mann has analyzed the performance of a wide range of athletes in numerous sports from amateur to professional, this including track and field, golf, baseball, football and horse racing. Haven been a world class track and field athlete, some of his accomplishments include numerous national and international championships, as well as an Olympic silver medal in the 400 meter hurdles. Following a tenured teaching and research career at the University of Kentucky, Dr. Mann began a consulting career with a specialization in Sport Performance Analysis.

In 1982, Dr. Mann was one of six individuals that founded the Elite Athlete Program that brought Sport Science to the forefront of USA Track and Field. For the past 25 years he has served as Director of the Elite Athlete Sprint & Hurdle Program. Each elite sprinter and hurdler under Dr. Mann's direction has been biomechanically analyzed with the intent of establishing characteristics that make up great athletes. This information has been used to evaluate and improve the performance of virtually every US sprint/hurdle athlete since the program's inception.

Dr. Mann holds a Bachelor of Science degree in Mechanical Engineering and a Ph.D. in Biomechanics. In addition to his work in the field of Sport Biomechanics, Dr. Mann has developed two patents, authored numerous articles in both scientific and trade publications, and presented to a variety of national and international scientific and coaching conferences.

## Dennis Mitchell

Topic: *Development of young athletes*



Dennis Mitchell, a former World and Olympic champion in the sprint events, is now a coach of several elite athletes following in his footsteps. Justin Gatlin is just one of the athletes who, under Coach Mitchell's instruction, has become an Olympic and World Champion in the sprints. The latest product from Coach Mitchell is the young Kaylin Whitney, who recently won the World Junior Championships in the 200m and the 4x100. Kaylin also broke the World Youth Best Times in the 100m and 200m this past July.

This year, Dennis Mitchell was named Team USA Sprint coach for the IAAF World relays in the Bahamas.

## Curtis Frye



As one of the leading college coaches in the nation, Frye led his University of South Carolina women's team to the 2002 NCAA championship, and in 2001 he was named USATF Nike Coach of the Year. In addition to his success with the Gamecock women's program in 2002, that year Frye's men's squad had top-20 finishes both indoors and outdoors. The 2001 Goodwill Games head coach, Frye's legacy also includes 12 current or former USC athletes and coaches at the Sydney Olympics in 2000. Post-collegiate athlete trained by Frye includes Allen Johnson, Monique Hennagan, Demetria Washington, Lashinda demaus, and many others.

## Dr. Mike Young

Topic: *Performance Optimization*



Dr Young has a BS in Exercise Physiology from Ohio University, an MSS in Coaching Science from Ohio University & a PhD in Biomechanics from LSU. Additionally, he has been recognized as a Certified Strength & Conditioning Specialist (CSCS) from the National Strength & Conditioning Association, a Level 3 coach by USA Track & Field, a Level 2 coach by USA Weightlifting & a Cross Fit Level 1 coach.

Coach Young has coached athletes to National and / or World Championship appearances in 5 sports (bobsled, skeleton, track & field, triathlon, weightlifting) as well as directing the training plans for professional athletes in the MLS, MLB, NFL NHL and PGA and has coached at 4 Division 1 NCAA programs.

- 6 NCAA National Championship Track & Field teams at LSU

- Coach of 7 USATF National Champions

- Fitness coach to 2x NASL Champion Carolina Railhawks

- Fitness coach to the Vancouver Whitecaps of the MLS

- Strength & Speed coach to World Series Champion Andres Torres

- Strength & Speed coach to Super Bowl Champion Marquise Hill

In addition to his research publications, Mike has written 2 books, 2 book chapters, contributed to the curriculums of the coaching education programs for USATF & USTFCCCA, has over 20 articles published in nationally distributed publications ranging from Maxim to Runner's World, & has written hundreds of blog posts on several of the largest sport conditioning sites on the web.

## Dr. Brad DeWeese

Topic: *Training Theory for Speed.*



Dr. has a Sport Scientist, Dr. DeWeese is heavily involved in the advancement of American Sporting Excellence through initiatives that relate to periodization, speed improvement strategies, and the determination of physical characteristics unique to high-performing athletes. Dr. DeWeese is a certified USATF Level 2 sprints, hurdles, and relays coach; USATF Certified Instructor; USAW Sport Performance coach; USAW Club Coach; an ISAK Level 1 Anthropometrist; and a Certified Strength & Conditioning Specialist through the National Strength & Conditioning Association. Brad DeWeese is among the nation's top Sport Performance coaches and Sport Scientists currently serving as a professor at East Tennessee State University in the Department of Kinesiology, Sport Science and Leisure Studies; which also serves as a U.S. Olympic Committee Training site. Prior to his arrival at East Tennessee State, Dr. DeWeese was the Head Sport Psychologist for the U.S. Olympic Committee's Winter Division where he oversaw the physical preparation of world-class athletes readying themselves for international competition in a wide range of sports including track and field, bobsled, skeleton, luge, freestyle ski, biathlon, karate, canoe/kayak, and the marathon.

Dr. DeWeese has a Bachelor of Science degree in Sport Management with an emphasis in Exercise Physiology & Coaching from Western Carolina University. He also holds a Master's degree from Western Carolina in Nutrition & Dietetics. He completed his formalized education with a Doctorate from North Carolina State University where his studies emphasized in Elite Athlete Development, Program Design, and the Coach-Athlete Relationship.

## Dr. Kendra Ogletree-Cusaac

Topic: *The influence of Teammates in Performance*



Dr. Cusaac is a professor at the University of South Carolina Department of Psychology specializing in Sport and Exercise Psychology, Human Sexual Behavior, Personality Psychology, and Introduction to Psychology. For nine years, Dr. Cusaac worked for the South Carolina Department of Juvenile Justice as a Staff Psychologist, Supervising Psychologist, and Treatment Director.

During that time she had worked with both male and female populations dealing with sex offenders and serious and/or violent offenders. She was also been involved with numerous committees, therapeutic interventions, program developments and evaluation efforts.

Dr. Cusaac has maintained a private practice since 1998 and holds offices in Columbia and Aiken, South Carolina where she works closely with adolescents, adults, families, and couples. Issues addressed include: stress and anxiety management, depression, bipolar disorder, eating disorders, familial discord, life transitions, communication and relationship problems, and behavioral management for Attention Deficit Disorders. She emphasizes healthy lifestyles and person empowerment.

As a licensed clinical Psychologist and Sport Psychologist as well as a contracted staff member for the University of South Carolina Department of Athletics, Dr. Cusaac has worked with athletes, teams and coaches at all levels of competition. She has conducted workshops and presentations on confidence building, anxiety reduction, performance enhancement, and team cohesion at local churches, schools and youth groups.

Dr. Cusaac received her Bachelor of Arts in Psychology from the University of Washington and was later awarded her Ph.D. in Clinical Community Psychology from the University of South Carolina.



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17 Contact hours for both Clinic+ Biomechanical analysis**