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VS ATHLETICS TRACK AND FIELD SUPERCLINIC

*Saturday, February 2, 2013 - Sacramento City College
Presented by Coaches Choice Books & DVDs*

Featuring many of America's top Olympic Coaches!

Clinic Schedule: (visit <http://www.vsathletics.com/clinic/> for detailed schedule)

8:00-9:00am-registration in foyer of Lillard Hall, Sacramento City College

9:00-9:15am-introduction and orientation

9:15am-5:30pm - Four 90 minute sessions in five areas:

Sprints/hurdles: **Nike Coach of the Year and Coach of Gold medalist Ashton Eaton Harry Marra.**

Olympic hurdler and coach Tonie Campbell, Master coach Tony Veney, coach of Gold medalist Jeneba Tarmoh Steve Nelson of Mt. Pleasant HS.

Endurance: Olympic Coach Bob Larsen, Galen Rupp's HS Coach Dave Frank, Multiple state champ American River College Coach Rick Anderson.

Jumps: Coach of multi Olympic medalist Will Claye Jeremy Fischer, Multi State Champ coach Lisa Baudiun of Sac City, John Rembao master HJ jump coach formally at Cal and Stanford.

Throws: **Featuring Olympian and Coach Mac Wilkins.**

Plus Top JC coach Bob McKay, former state champ and coach Mike Louisiana.

Special topics: (Little things that make a BIG difference):

Jeremy Fischer on championship nutrition, Master official Dave Soeth on debunking mythical rules in T&F.

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

\$50.00- pre-registered by Wednesday 30 January, 2013. Register at: <http://www.vsathletics.com/clinic/>

\$65.00- registration at the door for individuals.

Contact Peanut Harms at peanut@vsathletics.com for coaching staff discounts (prior to 31 January only)

Venue: Sacramento City College, 3835 Freeport Blvd., Sacramento, 95822. Clinic will be in Lillard Hall.

Air Travel: Fly Right Into 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 800-258-3826. To/from Richard Road hotels: \$14.00; direct to/from City College: \$21.00

Accommodation: "La Quinta on the River for \$65 a night!" GREAT RATE!

Located at 200 Jibboom Street, Sacramento

\$65.00 single or double. Reservations can be booked by calling (916) 448-8100 ext. 0 and asking for the "VS Athletics SuperClinic" rate. Complimentary shuttle runs from 5am-10pm everyday main priority is to/from airport but when free will go within a 5 mile radius (SCC). Continental breakfast (waffles, bread, yogurt, oatmeal, muffins, fruits, hard boiled eggs) runs 6-9 during week and 7-10 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 VSAthletics website.

Vendors expo with equipment and information to start your season.

Tote bag with VS catalogs in addition to related coaching goodies

Generous raffle during lunch.

SAVE \$\$\$: Order most track products before 30 January, and we'll ship free of charge to the SCC.

Pacific Association of USATF Coaches Committee Annual meeting from 12:30-1:00pm

Further Info: Peanut Harms: peanut@vsathletics.com, or Dave Shrock: coachshrock@gmail.com

Register on-line; <http://www.vsathletics.com/clinic/>
Do not miss this incredible learning opportunity!



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