



# VS Athletics Track & Field SuperClinic

## Sat, 21 January, 2012 - Sacramento City College

*Presented by Coaches Choice Books & DVDs*

*Featuring one of America's top endurance coaches Dr. Joe Vigil!*

**Clinic Schedule:** *(detailed schedule posted at VSathletics website closer to date)*

**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:

**endurance:** Olympic Coach Dr. Joe Vigil, UC Davis Coach Drew Wartenburg, Aptos HS Coach Dan Gruber

**sprints/hurdles:** National Coaches LaTanya Sheffield, Joy Upshaw, with former Rancho Verde HS Coach Chris Drescher, and speed development specialist Jeff McAuley

**jumps:** Olympic Coach Dr. Ernie Gregoire, Sac City Coach Bob Lanza, Santa Rosa JC Coach JJ Noble

**throws:** Olympians John Godina and Suzy Powell, Rocklin HS Coach Matt Eckman

**support topics** *(Little things that make a BIG difference):* ← new for '12!

Dr. Kevin Kirby on barefoot v. shoe running, Darrell Hampton on community youth programs, David Spitz on strength development, Todd Nunann on bio-mechanical analysis and impact on performance

**Clinic Cost:** *(Due to last year's phenomenal demand, we will cap registration at 425 coaches this year)*

**\$50.00-** pre-registered by Wednesday 18 January, 2011. To register on-line go to: <http://www.vsathletics.com/clinic>

**\$65.00-** registration at the door for individuals.

Contact Peanut Harms at [peanut@vsathletics.com](mailto:peanut@vsathletics.com) for coaching staff discounts *(prior to 18 January only)*

**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 light, with Hughes Stadium to your right. After 200m into campus, park in west parking lot on 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, after 200m into campus, park in west parking lot on 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.

SuperShuttle: [www.supershuttle.com](http://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](http://www.LQ.com)

**\$50.00 sgl. or dbl.** if booked by 7 January, 2011.

Reservations can be booked by calling (916) 448-8100 ext. 0 and asking for the '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 16 January, and we'll ship free of charge to the SCC.
- Portion of the clinic's proceeds benefits the Pacific Association Coaches Education scholarship program.

**Further Info:** Peanut Harms: [peanut@vsathletics.com](mailto:peanut@vsathletics.com), or Dave Shrock: [dshrock@pacbell.net](mailto:dshrock@pacbell.net)

To register on-line go to: <http://www.vsathletics.com/clinic>

***Do not miss this incredible learning opportunity!***