



HOKA ONE ONE Track & Field SuperClinic

Sat, 31 January, 2015 – Sacramento City College

Presented by Coaches Choice Books & DVDs - Featuring many of America's top coaches!

Clinic Schedule: *(check 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: Washington State's **Rick Sloan**, American River College's **Mike Reid**, Revolution Express's **Roosevelt Kent**, National Team's Coach **Joy Upshaw**

Endurance: Noted coach and author **Jay Johnson**, international coach **Peter Thompson**, CSU Stanislaus's **Diljeet Taylor** and El Dorado's **Tena Harms** on considerations for female athletes

Jumps: Cal Berkeley's **Ed Miller**, Washington State's **Rick Sloan**, Davis Senior's **Leo Sacramento**

Throws: Olympians **Suzy Powell** and **Mike Buncic**, Golden State Throws coach **Mike Curry**, International competitor and El Dorado's **Brian Masterson**

Special Topics *(Little things that make a BIG difference):* **Dr. Adam Tenforde**-Stanford University – Prevention of Stress Fractures in Young Runners, *CalTrack & Running News* publisher **Larry Eder** - Digital Media as Coaching Tools

Clinic Cost:

\$65.00 - pre-registered by Wednesday, 28 January; School or club staffs or 3 or more: \$50.00 by Wednesday, 28 January

\$85.00 - registration at the door for individuals.

Contact Peanut Harms at nutboy51@yahoo.com for coaching staff discounts of 3 or more coaches prior to 28 January

Registration page *(for individuals and staffs):* <https://www.simplyregister.net/register/?e=104364>

What you get:

- all pre-registered coaches will receive presentation notes of each session they attend, with additional clinic notes available on the www.pausatf.org website after the clinic.
- HOKA shirts for the first 200 registrants and then Coach O sting bags; printed speaker notes and vendor goodies
- 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
- **Just added:** Order any VSAthletics equipment by 27 January and have it delivered to the clinic free! Contact jason@vsathletics.com
- **Just added:** Endurance room coaches will all receive a complimentary copy of Jim Hunt's Neuromuscular Aspects of Training DVD
- A portion of the clinic's proceeds goes towards scholarships for Pacific Assoc. Coaches to attend an Assoc. Level 1 School

Directions: Lillard Hall, Sacramento City College, 3835 Freeport Blvd., Sacramento, 95822.

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. Hotel runs complimentary shuttles to/from airport. 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: Best Western Sandman - 236 Jibboom St, Sacramento, CA 95811, **\$69.00 sgl. or dbl. GREAT RATE!**

Reservations can be booked by calling (916) 443-6515 and asking for the 'SuperClinic' rate until 10 January. Airport car, 8:00 am to 5:00 pm To/from airport, Sacramento CC. Complimentary continental breakfast, choice of waffles, breads, cereal, fruit, eggs, yogurt, juice, coffee and hot items. Complimentary wireless internet available throughout the hotel.

Further Info: Peanut Harms: nutboy51@yahoo.com, or Dave Shrock: coachshrock@gmail.com, or the clinic website: <http://pausatf.steelhouselabs.com/coaches/2015-west-coast-track-field-super-clinic/>

***Don't** miss this incredible learning opportunity!*