



2017 HOKA ONE ONE SuperClinic Schedule

Saturday, 4 February – Sacramento City College

Sponsored by Coaches Choice Books and DVDs

8:00-9:00am: registration and visit vendors' displays and pick-up gifts in outdoor foyer of Lillard Hall
(Lillard Hall is located in the SW corner of Sacramento City College near the intersection of Freeport and Sutterville Roads)

9:00-9:15am: Welcome orientation and Pacific Assoc. Legacy Coach Award presentation in the foyer of Lillard Hall

- Coaches are encouraged to attend different event groups based on interest

- Presentation notes available at each session and by visiting www.pausatf.org/coaches/

Session	Rm	Event Group	Speaker	Topic
Session 1 9:20-10:45	101	Sprints-Hurdles	Rob Johnson	The Sprint Start
	103	Endurance	Dave Monk	Individualizing our Approach for Athlete Success
	201	Throws	Adam Nelson	Three Simple Cues for Great Rotational Throwing
	203	Jumps	Dave Unterholzner	Developing A Training System For High School High Jumpers
	205	Special Topics	Tena Harms	A Nutritional Guide for the High School Athlete
Session 2 11:00-12:30	101	Sprints-Hurdles	Dr. Martin Palavicini	Hurdles: Art, Science and What To Do
	103	Endurance	Gary Wilson	It's Not Only About the Workouts
	201	Throws	April Smith	"Putting Something On It" Teaching the Athlete Aggressive Patience
	203	Jumps	Dr. Don Chu	Long Versus Triple Jump
	205	Special Topics	Duncan Atwood	Long Term Athlete Development
Lunch 12:30-1:30	<p style="text-align: center;">Remember to visit our vendors' displays in the outdoor foyer! 12:45-1:15pm - Annual USATF Pacific Association Coaches Meeting in Rm 101 1:15pm - vendor raffle in foyer</p>			
Session 3 1:45-3:15	101	Sprints-Hurdles	Rob Johnson	The Natural Sprint Relay Exchange
	103	Endurance	PattiSue Plumer	How to Coach Large High School Teams Without Proper Resources or Support
	201	Throws	Duncan Atwood	Throwing Perspectives from Outside the Circle
	203	Jumps	Bryan Parker	Key Strategies and Implementation to Create a simple, Consistent, and Effective Approach in the Horizontals
	205	Special Topics	Dr. Don Chu	Prevention and Rehab of Hamstring Injuries
Session 4 3:30-5:00	101	Sprints-Hurdles	Rod Jett	Integrating Sprint and Hurdle Training
	103	Endurance	Gary Wilson	A Potpourri of Training Ideas
	201	Throws	Adam Nelson	Strength Training - Keeping it Simple
	203	Jumps	Mo Roscrow	Coaching the Pole Vault
	205	Special Topics	Dr. Dave Shrock	SafeSport Training <i>(Mandatory for all Youth Coaches, Volunteers, & Officials)</i>

Clinic Presenters

Endurance



Dave Monk: The new Cross Country-Distance coach at Sacramento State, Monk comes to Sacramento State after spending the past 14 years coaching at the high school level in Northern California. Most recently, he was the cross country and track & field head coach at Armijo High School in Fairfield, Calif. While there, he helped guide the boys and girls cross country teams to Monticello Empire League championships in 2014. From 2002-12, Monk was the head coach at Fairfield High School. While there, his teams won three Sac-Joaquin Section girls titles and two boys championships. Monk coached Fairfield to 23 league team titles and qualified 14 relay teams and 22 individuals to the California state meet. In cross country, he had five boys teams reach the state championships between 2005-10.



Gary Wilson: Univ. of Minnesota head coach Gary Wilson retired in 2013, following 28 years as the head coach of Minnesota's women's cross country program. The 2007 and 2008 Midwest Region and Big Ten Coach of the Year led Minnesota cross country to its first two conference titles (2007 and 2008) and three consecutive Midwest Region crowns (2007-09). Wilson guided the Gophers to 15 consecutive NCAA Championships appearances and coached six different runners to nine All-America certificates. He also served as head track and field coach for 21 seasons before taking on an assistant role starting in 2007. He was named Coach of the Year for the Big Ten, Midwest Region and Midwest District in 2006. Wilson guided the Golden Gopher women's cross team to NCAA Championships appearances 15 times, and were consistently ranked in the top 25 of the national polls. In 2015 Wilson's lifelong commitment to coaching was rewarded by being inducted into the prestigious USTFCCA Hall of Fame.



PattiSue Plumer: Currently coaching Cross Country and Track at Gunn High School in Palo Alto, and for the Stanford Competitive Running NIRCA team, Plumer has coached two state individual champs along with the national Junior record holder in the indoor/outdoor 3000m in addition to an Olympic Trials finalist. As an athlete, Plumer was an Olympic finalist in the 1500 and 3000m, plus being ranked #1 in the world in the 3000m and 5000m. Multi-medalist at the World Championship, World Cup, Grand Prix, Goodwill Games. Numerous World, American and Meet Records including 25 year old 4:16.68 at NYC 5th Ave Mile.

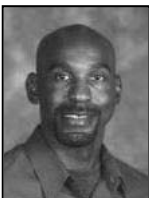
Sprints and Hurdles



Rob Johnson: Acknowledged as one of America's leading relay coaches, Coach Johnson was an assistant men's coach for the US Team at the 2000 Summer Olympic Games in Sydney, marking the first time that a Division III coach has been able to make that claim. Johnson, the 1995 NCAA Division III Cross Country Coach of the Year, spent 37 seasons in charge of the Wabash College Cross and Track and Field Programs. Johnson was the sprint and relay coach for the US Track Team at the 1993 World University Games, helping the 4 x 100 (38.65 seconds) and 4 x 400 (3:02.34) relay teams win gold medals. He gave his relay technique clinic to the US Track & Field Coaches Association during its annual meeting in 1994, as well as at the Atlanta convention just prior to the 1996 Summer Olympic Games.



Dr. Martin Palavicini: In his first year as the Multi Events Coach at Fresno State, Coach P. had an excellent record as a high school coach at Clovis West. He has led his athletes to 8 age-group National championships and 17 runner-up finishes as well as 5 State medalists and 31 State qualifiers. Six of his athletes competed at International meets as members of their National teams including two of them at the IAAF U20 World Championships. He has also been on the National team's coaching staff for USA (IAAF U18 World Championships Donetsk 2013), Nigeria (IAAF U20 World Championships Barcelona 2012) and the Dominican Republic (Central American and Caribbean Championships San Salvador 2012). Palavicini holds USATF level 3 and IAAF level 5 elite coach certification in the combined events, and he serves as the high performance chair for USATF Central California.



Rod Jett: Rod Jett was a three-time All-American at University of California, Berkeley and NCAA runner-up in the 110 hurdles in 1988. He was a three-time U.S. Olympic Trials participant (1988, 1992, 1996) and ranked in the Top 30 in the world five times as a professional. Rod began his high school coaching career in 1998 and has coached at Sheldon High School (Elk Grove), St. Mary's (Berkeley) and Jesuit. Since joining the Jesuit staff in 2002, he has helped lead the Marauders to eight league titles, five Division I Sac-Joaquin Section titles and one CIF State Championship. He has coached state qualifying sprinters and hurdlers at each school. Under Jett's tutelage, Jesuit athletes have broken virtually every school sprint, hurdle and relay record. Last year Rod took over duties as head track and field coach at St. Francis H.S. and now leads the programs at Jesuit and St. Francis.

Special Topics



Tena Harms: Harms began her coaching career as an assistant coach for Stanford women's cross country team in 1979, before becoming the head women's track coach at De Anza College in 1980, and an assistant coach at Gunn High School from 1980 – 1990. Harms currently serves as assistant track, and co-head cross country coach at El Dorado High School in Placerville. As an athlete, Harms held the 3000m American record, 20 mile American record; and was a 2 time national champion, member of the US national cross country team, and 3 time all-American. Harms also won the first SF Marathon along with the Oakland, Culver City Marathons and Mission Bay Marathon when it was the AAU Championships.

Jumps



Dave Unterholzer: Unterholzer is entering his 31st season coaching track and field at Bella Vista High School in Fair Oaks California; 25 as head coach. Dave specializes in coaching the long, triple and high jumps while overseeing 11 assistant coaches in the other 13 track and field events. Over the years he has guided multiple jumpers to individual league, Sac Joaquin Section (SJS) Divisional and SJS Masters titles as well as qualifying several to the CIF State Meet. His boys and girls teams have won a combined 19 conference championships and seven SJS Division 2 titles. In addition to track coaching duties he is a full time physical education teacher at the school. Dave is the consummate meet director, managing track meets as the meet director for the Bella Vista Bronco Invitational, Bronco Distance Carnival, Sacramento Meet of Champions and the SJS Division 2 Champs.



Dr. Don Chu: Dr Chu is an internationally acclaimed coach and speaker, having popularized plyometrics in the US with several books on the topic. Chu was the "Jumps Coach" at CSU, Hayward during an era in which the Div. II Track & Field team captured the Div II National Championship and was the perennial Champion of the Far Western Conference. During the 80's Hayward laid claim to plenty of success culminating in an FWC Conference meet when Chu's athletes captured all 6 scoring positions in the Men's Triple Jump, scored 1-5 in the Long Jump and won the High Jump as well. Over a 12 year span the program produced 42 All-Americans and 17 National Champions in these three events.



Bryan Parker: Has been coaching for 6 years, having spent the past two seasons coaching primarily at American River College. In 2016 Parker qualified 4 jumpers to the JC State Meet in Long Jump, and 2 in Triple Jump. Prior to joining ARC he spent 4 years with Rosemont HS coaching the jumps (2 seasons as head coach). In that time Parker helped win 3 league titles on the boys side, two titles on the girls. He had 9 school records broken (Varsity Boys LJ ('12, '13, '14) & TJ ('13, '14) by student-athletes under his supervision. Parker also coached the SJS Division II LJ Champion ('14) and SJS Masters and Division II TJ champions ('13, '14) as well as taking 3 athletes to the California State Meet ('13, '14), and a CIF All-American in TJ ('14). Finished 2nd overall for boys Sections in 2013 (Div-III) and 2016 (Div-4), the best finishes in school history.



Mo Roscrow: Coach Mo grew up in Sacramento attending Mira Loma High School, American River College, and California State University Sacramento, vaulting for all three schools. He coached at Del Campo High School for 5 years being the pole vault coach for his high school coach Bob King. Coach Mo has been at American River College as the pole vault coach for the past 12 years. He continually produces state meet qualifiers and has had 3 state champions. His coaching philosophy centers on building the vaulters confidence which he feels is the foundation to improving vaulters.

Throws



Adam Nelson: Adam Nelson has been involved with strength and conditioning as an athlete and a coach for almost 30 years. At the 2000 Olympic Trials in Sacramento, Adam set a new Trials record in the shot put establishing himself as a favorite for the Sydney Olympic Games. In Sydney, Adam won the silver medal missing out on the gold by less than 3 inches. That loss solidified Adam's decision to continue training for the 2004 Olympic Games and, ultimately, led to a 12 year career as a professional shot putter. In the following decade Adam continued to lay a path of excellence unmatched in the throws in almost 50 years, not missing a final or finishing lower than 2nd at a major championships until an injured Nelson competed in the 2008 Olympic Games missing out on his first finals.



Duncan Atwood: Atwood is a nationally sought after speaker and clinician having been a proponent of the javelin and throws for decades. Two-time U.S. Olympian (*threw 306' to break trails record by 15' with old spec javelin*), National HS Javelin champion 233' after improving 120' in Junior year, 3 x US Champion. 2 x Pan American Games Champion, Ranked 3rd in the world, best throws of 308'7" with old rules, 271'5" new rules, Kinesiologist, principal coach in USATF's Elite Athlete Project, owner of Pocket Videos, LLC.



April Smith: Smith, whose last stop was a 13-year tenure at Appalachian State, will now lead the Bulldog throws program. In her first year at Fresno State she coached two Mountain West All Conference athletes.

While at Appalachian State, Smith coached 22 regional qualifiers, 10 national qualifiers. She has also coached 59 conference champions and 32 All-Southern conference athletes in the shot put, discus, hammer, javelin and weight throw events. But arguably her greatest personal accolade was in 2006 when Smith was named the NCAA East Region Women's Throws Coach of the Year.

Smith also brings experience as a coach from the highest level, having been a member of the United States Track and Field coaching staff for the Junior Pan American games in 2013.

**USATF-Pacific Annual Coaches Committee informational meeting during lunch in room 101 (*endurance*)
All are welcome to attend and learn/share information for the coming season!**



Pacific Association of USA Track & Field Coaches Committee

Your Pacific Association of USATF orchestrates coaching education schools and clinics throughout the season, and serves as a resource to Northern California and Nevada coaches.

For further information refer to the association website: www.pasuatf.org and click on coaches

2016 PA Legacy Coach Award Recipient

The Legacy Coach Award has been initiated by the Pacific Association's Coaches Committee in recognition of the many influential coaches who have served in our association, and have selflessly strengthened our sport(s) through teaching, mentoring, and promoting our profession. Criterion is weighted heavily on coaches who were not only great coaches, but who also inspired and trained/mentored many of us to become coaches ourselves. Previous recipients are: Jim Hunt (Humboldt State), Jim Santos (Hayward State), Bud Winter (San José State), Margaret Dixon (Oakland PAL), Walt Lange, (Jesuit HS), Kirk Freitas (Chico State), Ed Parker (Millbrae Lions TC), Darrell Hampton (Oscar Bailey TC-Berkeley HS), and Willie White (Berkeley HS, Berkeley East Bay TC and Cal State Hayward)



Bob Shor: Every runner who races in in the entire Bay Area, knows him, if not by name at least by his familiar figure, poised before the starting line, pistol raised to the sky, booming voice commanding every attention, "Runners, ON your mark!" over 120 times a year. No one in north San Francisco bay history has done more to support track and cross country than Bob Shor. He has been ubiquitous in the 48 years of his contributions to Pacific Association track and cross country.

"Born, raised, and thrown out of Brooklyn," Bob's interest in running began in high school where he ran cross country and track (4:45 mile), but even then he often helped out by firing the gun at the start of races. Bob continued running cross country and the one and two-mile track events at Pennsylvania Military College, graduating in 1962 as a 2nd Lieutenant. After college he served in Vietnam and obtained the rank of US Army Infantry Captain. Even in the military, Bob started races, volunteering at high school meets while doing a stint at Ft. Polk in Louisiana. After the military Bob

moved to Arcata where he lived for 7 years and worked as assistant track and cross country coach at Humboldt State University. In Arcata, he served as starter at local high school and college meets and for AAU events in Oregon. In 1976, Bob moved to Santa Rosa and continued running for health and recreation but not as a competitor. Several years later, Bob encouraged his daughter to join the Santa Rosa Express. She eventually lost interest in running, though Bob did not. In 1989 he began assisting Doug Courtemarche who was then the Express head coach. In 1992, he took over Doug's position which he held for over two decades, and still coaches.

Locally, hundreds of young runners from 7 years old to high school age, including several who went on to gain college scholarships and become running super stars, began their careers with the Santa Rosa Express. Those athletes mentored by Bob included **Sarah Bei** (2001 Pan Am Games steeplechase winner) and **Julia Stamps** (six-time All American in cross country and track at Stanford, six-time national team member) and **Kim Conley** (US Olympian at 5,000 meters in 2012) and local top runner **Trina Cox**.

Bob was as also the Pacific Association's Youth Committee Chair for many years, and is still active in the committee with its cross and track programs.

In 2010 Bob lost a third of one lung in surgery to remove a cancerous tumor which leaves him a bit short-winded as he peddles his bike up and down the hills of Howarth and Spring Lake Parks on workouts with his young Santa Rosa Express protégés. Currently Bob is fighting liver cancer, and is in our thoughts and prayers.

In recognition of his contributions to North Bay runners through the decades, the Santa Rosa Express has set-up the Bob Shor Scholarship Fund to benefit Sonoma County athletes wishing to continue athletics in college. For further information: www.santarosaexpress.org

SafeSport Training

USATF has joined the United States Olympic Committee (USOC) to implement the SafeSport program. The goal of SafeSport is to provide a safe environment in our sport at all levels, but particularly for athletes who are ages 18 and under. The SafeSport program includes athlete protection policies, guidelines, codes of conduct, a background screening program, education and training, and a reporting process for any SafeSport concerns within our sport.

All Officials and Youth Club Coaches and Volunteers will need to complete the SafeSport Program. Youth Coaches must meet this requirement before your club's membership will be approved and activated in the USATF system for 2016 and beyond.

The following 90min training sessions will be provided free of charge:

Sun, 12 January during Official's Clinic at Serra HS, San Mateo

Sat, 18 February (12:20-2:00pm) after Youth Spring Meeting at Logan HS in Cafeteria

Officials and coaches may also complete the SafeSport training on line (*allow 3 hours with exam questions interspersed*).

For more information on the USOC SafeSport Training course, refer to: <http://safesport.org/>

SAVE THE DATE! HOKA One One Endurance Clinic

Saturday, 12 August here at Sac City – Come join us to prepare for Cross season with

some of the nation's leading coaches – info: <https://www.pasuatf.org/coaches/endurance-cross-roads-clinic/>